MEDICAMENTS
For the Poor; Or,
PHYSICK
For the Common People.

Containing,

Excellent Remedies for most Common Diseases, incident to Mans Body; made of such things as are common to be had in almost every Country in the World: and are made with little Art, and small Charge.

This Book is of admirable use for, 1. Purging Medicines, for Choler, Flegm, Melancholly, or Watry Humours. 2. Vomit. 3. Such things as evacuate by Sweat, Spittle, the Pallat, Nostrils, or Insensibly. 4. Womens Diseases. 5. Worms. 6. The Stone. 7. Poysons. 8. The Head over-heat, or over-cooled. 9. The Eyes. 10. The Joynts. 11. The Nerves. 12. Breathing. 13. The Heart. 14. The Stomach. 15. The Intestines. 16. And for Diseases of ill Conformation. 17. Or in Faulty Magnitude. 18. Or in Number. 19. Or in Scituation, and Connexion. 20. Or in dissolved Unity.

Hereunto is added an Excellent Book, called

Health for the Rich and Poor, by Diet without Physick.

The Second Edition.

By *Nich. Culpeper*, Student in Physick and Astrology.

London: Printed by *Peter Cole*, Printer and Book-seller, at the Sign of the Printing-press in Cornhill, near the Royal Exchange. 1662.

THE
JOHN CREAR
LIBRARY
R128
.7
.P93
1662
c.1
Rare Co

The Printer to the Reader.

I Thought it convenient to give thee notice of ſome Particulars to be minded in this Book.

1. That thou haſt not more in the Title Page, than is in the Book (as is too often uſed by many in theſe times) For every one of the twenty Particulars there named, is diſtinctly treated on, under that Head, and ſomtimes much more, as thou mayeſt eaſily find, if thou pleaſeſt to peruſe the Contents before the Book; by which thou mayeſt eaſily turn to the page in which each Head is treated on.

2. If thou meeteſt with hard words that thou doſt not well underſtand, look at the end of *Riverius* Practice of Phyſick in Engliſh, and moſt of them are there explained.

3. Things that are here but briefly touched, are much more largely treated on in *Sennertus*, *Platerus*, *Riverius*, *Riolanus* and *Johnſton* their Works Printed in Engliſh, They being the moſt eminent Doctors of Phyſick, That are in Europe.

4. For the reſt of Mr. *Culpeper*'s Works that are yet unprinted, I refer thee to his Wives Information and Teſtimony, printed before this Book. I remain,

Thine, to ſerve thee,

Peter Cole.

Directors' Room
616.024
E4

361983
274524
Books

Books Printed by Peter Cole, *Printer and Book-seller of* London, *at the Sign of the Printing-press, near the Royal Exchange.*

Several Physick Books of Nich. Culpeper *Physitian and Astrologer; and* Abdiah Cole *Doctor of Physick, and of the Liberal Arts.*

The Physitians Library, containing all the Works in English of Riverius, Sennertus, *Dr.* Plater, *Dr.* Cole *and* Nich. Culpeper; *In that Order they ought to be Read and Studied, in several Volums.*

1. A Goulden Practice of Physick: After a new easie and plain Method, of Knowing, Foretelling, Preventing and Curing all Diseases Incident to the Body of Man. Ful of proper Observations and Remedies: Both of Ancient and Moderne Physitians. Being the Fruit of one and thirty years Travel: And fifty years Practice of Physick. By Dr. *Plater*, Dr. *Cole* and *Nich. Culpeper.*

2. *Sennertus* thirteen Books of Natural Philosophy: Or, the Nature of all things in the World.

3. *Riolanus* Anatomy.

4. The English Physitian Enlarged.

5. *Sennertus* Art of Chyrurgery in six Parts. 1. Of Tumors. 2. Of Ulcers. 3. Of the Skin, Hair and Nailes. 4. Of Wounds: with an excellent Treatise of the weapon Salve. 5. Of Fractures. 6. Of Luxations.

6. *Sennertus* two Treatises. 1. Of the Pox. 2. Of the Gout.

7. Idea of Practical Physick in twelve Books.

8. Twenty four Books of the Practice of Physick, being the Works of that Learned and Renowned Doctor, *Lazarus Riverius*. Physitian and Councellor to the late King, &c.

9. *Veslingus* Anatomy of the Body of Man.

10. A Translation of the New Dispensatory, made by the Colledg of Physitians of *London*. Wherein is added, The Key to *Galens* Method of Physick, in Folio and in Octavo.

11. A Directory for Midwives, or a Guide for Women.

12. *Galens* Art of Physick.

13. New Method both of studying and practising Physick.

14. A Treatise of the Rickets.

15. Medicaments for the Poor,

Or

Or Physick for the Common People.

16. Health for the Rich and Poor, by Diet without Physick.

17. Three hundred new Famous and Rare Cures, in Folio and Octavo.

The *London Dispensatory* in Folio, of a great Character in Latin.

The *London Dispensatory* in twelves, a small Pocket Book in Latin.

To the Physical Reader.

THe greatest Reason that I could ever observe, why the Medicines prescribed in the Books before mentioned, do not (somtimes) perform the Cures promised, is, the Unskilfulness of those that make up the Medicines. I therefore advise all those that have occasion to use any Medicines, to go or send to Mr. *Ralph Clarke* Apothecary, at of the sign the three Crowns on *Ludgate-Hill*, in *London*; where they shall be sure to have such as are skilfully and honestly made.

Mr. *Burroughs* WORKS, viz.

on *Matthew*, 11.

1. Christs call to all those that are Weary, and Heavy Laden, to come to him for Rest.

2. Christ the Great Teacher of Souls that come to him.

3. Christ the Humble Teacher of those that come to him.

4. The only Easie way to Heaven.

5. The Excellency of holy Courage in Evil Times.

6. Gospel Reconciliation.

7. The Rare Jewel of Christian Contentment.

8. Gospel-Worship.

9. Gospel-Conversation.

10. A Treatise of *Earthly Mindedness*.

11. An

11. An Exposition of the Prophesie of *Hosea*.
12. The Evil of Evils, or the exceeding sinfulness of Sin.
13. Of Precious Faith.
14. Of Hope.
15. Of Walking by Faith.
16. A Catechism.
17. *Moses* Choice.

Twenty one several Books of Mr. William Bridge,

Collected into two Volumes.

VIZ.

1. Scripture Light the most sure Light.
2. Christ in Travel.
3. A Lifting up for the cast down.
4. Of the Sin against the Holy Ghost.
5. Of Sins of Infirmity.
6. The false Apostle tried and discovered.
7. The good and means of Establishment.
8. The great things Faith can do.
9. The great things Faith can suffer.
10. The Great Gospel Mystery of the Saints Comfort and Holyness, opened and applyed from Christs Priestly Office.
11. Satans power to Tempt, and Christs Love to, and Care of his People under Temptation.
12. Thankfulness required in every Condition.
13. Grace for Grace. A Treatise of Christs fulness.
14. The Spiritual Actings of Faith through Natural Impossibilities.
15. Evangelical Repentance.
16. The Spiritual Life, and inbeing of Christ in all Beleevers.
17. The Woman of *Canaan*.
18. The Saints Hiding place in the Time of Gods Anger.
19. Christs Coming is at our midnight.
20. A Vindication of Gospel Ordinances.
21. Grace and Love beyond Gifts.

New Books of Mr. Sydrach Simpson. VIZ.

1. Of Unbeleif; or the want of Readiness to lay hold on the comfort given by Christ.
2. Not going to Christ for Life and Salvation, is an exceeding great Sin, yet Pardonable.
3. Of Faith, *Or*, That beleeving is receiving Christ; And receiving Christ is Beleeving.
4. Of Coveteousness.

Mr. Hookers *New Books in three Volumes:*

One in Octavo, and two in Quarto.

These Eleven New Books of Mr. *Thomas Hooker* made in *New England*. Are attested in an Epistle by Mr. *Thomas Goodwin*, and Mr. *Philip Nye*, To be written with the Authors own hand: None being written by himself before. One Volum being a Comment upon Christ's last Prayer in the seventeenth of *John*.

Where

Wherein is shewed.

1. That the end why the Saints receive all glorious Grace, is, That they may be one, as the Father and Christ are one.

2. That God the Father loveth the Faithful, as he loveth Jesus Christ.

3. That our Savior desired to have the Faithful in Heaven with himself.

4. That the Happiness of our being in Heaven, is, to see Christs Glory.

5. That there is much wanting in the Knowledg of Gods Love, in the most able Saints.

6. That the Lord Christ lends dayly Direction, according to the dayly Need of his Servants.

7. That it is the desire and endeavor of our Savior, that the dearest of Gods Love, which was bestowed on himself, should be given to his faithful Servants.

8. That our Union and Communion with God in Christ, is the top of our Happiness in Heaven.

Ten Books of the Application of Redemption by the Effectual Work of the Word, and Spirit of Christ, for the bringing home of lost sinners to God. By *Thomas Hooker.*

Dr. Hills WORKS.

The Kings Tryal at the High Court of Justice.

Wise Virgin Published by Mr. *Thomas Weld*, of *New-England.*

A Godly and Fruiful Exposition, on the first Epistle of *Peter.* By Mr. *John Rogers*, Minister of the Word of God at *Dedham* in *Essex.*

Mr. *Rogers* on *Naaman* the Syrian, his Disease and Cure: Discovering the Leprosie of Sin and Self-love; with the Cure, *viz.* Self-denial and Faith.

Mr. *Rogers* his Treatise of Marriage.

The Wonders of the Load-stone. By *Samuel Ward* of *Ipswitch.*

An Exposition on the Gospel of the Evangelist St. *Matthew.* By Mr. *Ward.*

The Discipline of the Church in *New-England.* By the Churches and Synod there.

Mr. *Brightman* on the Revelation.

Christians Engagement for the Gospel, by *John Goodwin.*

Great Church Ordinance of Baptism.

Mr. *Loves* Case, containing his Petitions, Narrative, and Speech.

A Congregational Church is a Catholick, Visible Church. By Mr. *Stone* in *New-England.*

A Treatise of Politick Power.

Dr. *Sibbs* on the *Philippians.*

Vox Pacifica, or a Perswasive to Peace.

Dr. *Prestons* Saints submission, and Satans Overthrow.

Pious Mans Practice in Parliament time.

Barriffs Military Discipline.

The Immortality of Mans Soul.

The Anatomist Anatomized.

The Bishop of *Canterbury's* Speech

Woodwards Sacred Ballance.

Dr. *Owen* against Mr. *Baxter.*

Dr. *Owen* of the stedfastness of the Promises.

Abrahams Offer, Gods Offering: Being a Sermon by Mr. *Herle*, before the Lord Major of *London.*

Mr. *Spurstows* Sermon, being a Pattern of Repentance.

Eng-

Englands Deliverance. By *Peter Sterry.*

The Way of God with his People in these Nations. By *Peter Sterry.*

The true Way of Uniting the People of God in these Nations. By *Peter Sterry.*

Mr. *Sympson's* Sermon at *Westminster.*

Mr. *Feaks* Sermon before the Lord Major.

The best and worst Magistrate. By *Obadiah Sedgwick.* A Sermon.

A Vindication of Gospel Ordinance. By Mr. *William Bridge.* A Sermon.

Grace and Love beyond Gifts. By Mr. *William Bridge* A Sermon.

A Sacred Panegyrick. By *Stephen Marshal.* A Sermon.

The Craft and Cruelty of the Churches Adversaries. By *Matthew Newcomen* of *Dedham.* A Sermon.

Mr. *Philip Nye* of a Powerful Minister And the Virtues desirable in a good Magistrate. A Sermon.

Mr. *Cordels* Sermon.

——— Good Samaritain.

Clows Chyrurgery.

Marks of Salvation.

4. Of Self-denial.

5. The Saints Duty to keep the Hearts, *&c.*

6. The Mystery of spiritual Life

Fulwood of Errors.

State of future Life.

Game at Picquet.

Greaves Saraglio.

Mr. *W.* against Mr. *Welds*, of *New England.*

Tears of Repentance of the Indians in *New-England.*

Cunning Plot.

Antidote against Gangræna.

American Newes.

Barbados Relations.

Challenors Speech.

Copy-holders Plea.

Gibbons Speech.

Parsons Sermon.

Mr. *Knapps* Sermon.

Poems of the Fight at Sea.

Charactery, or a most exact Method of short and swift writing.

Riches Short hand.

Ricraft against the Anabaptists.

Trumpeter sent by God.

Tompkins Speech.

Declaration of the Congregational Ministers.

Jones cause and cure of Divisions

Cowels Institutes of the Law.

Dr. *Taylor* in Lementatio.

——— Capitula Patrum.

The Judgement of the Reformed Churches, concerning Preaching without Ordination.

Mr. *Hobs* De Corpore Politico, Or the Elements of the Law; Moral and Politick.

Des Cartes on the Passions.

Mr. *Stephen Marshals* New WORKS. *VIZ.*

1. Of Christs Intercession, or sins of Infirmity opened.

2. The High Priviledg of Beleevers, they are the Sons of God.

3. Faith the Means to feed on Christ.

A New Treatise of Pulses and Urins. By *John Fernelius* Doctor of Physick, Dr. *Cole*, and *Nich Culpeper.*

THE

The Contents.

Page

THE Beginning. 1
Phyſicks that purge the Belly. 3
Strong Purgers in a Chollerick Cauſe. 4
Purgers in a Flegmatick Cauſe. 6
Purgers in a Melancholy Cauſe. 9
Medicaments that ſoften the Belly. 10
Things that mollifie the Belly in a Chollerick Cauſe. ibid
Medicaments that looſen the Belly in a Flegmatick Cauſe. 12
Medicaments that ſoften the Belly in a Melancholy Cauſe. 14
Lenitive Clyſters. 15
Looſening Suppoſitories. 16
Purgers by the Belly. 17
When Choller Predominates, what Medicaments are Convenient for a gentle Evacuation. 19
Strong Purgers. 20
Violent Purgers. 21
Such things as purge Flegm gently when it is predominant. 23
Strong Purgatives. 25

Pag

Such things as Purge Violently. 2
A Drink. 3
A moſt pleaſing Pouder. 3
A Bolus. ibi
Pills. 3
When Melancholly prodominates theſe wi
Purge gently. 3
Such things as purge Strongly. 3
Such things as purge Violently. ib
What things will purge gently, when wate
Humors prevail. 4
Purging Clyſters. 4
Sharp Suppoſitories. 4
For Vomiting Medicaments. 4
What things move Vomit gently. 4
Purging Vomits. 5
Such things as void Flegm ſtrongly that i
predominant. 5
Medicaments that evacuate by ſweat. 6
Medicaments that evacuate by Spittle. 6
Medicaments that evacuate by the Pallat. 7
Medicaments that evacuate by the Noſtrils. 7
Medicaments that evacuate inſenſibly. 7
Digeſters. ibi
Diſcuſſives. 7
Rubificatives. 8
Medicines that augment neceſſary Matte
where it is dificient. 8
Medicaments that encreaſe Milk. 8
Things that encreaſe Seed. 8
Medicaments that alter the Cauſe of the Di
eaſe. 9

	Page
Medicaments that prepare Choller.	91
Preparatives for Flegm.	94
Preparatives for Melancholly.	97
Medicaments that allay Acrimony.	98
Scouring Medicaments.	101
Remedies to soften hard things.	110
Remedies that move Preternatural Matter that lieth stil.	119
Remedies that move the Courses.	ibid
Helps for Delivery of Women.	125
Remedies to drive out the Secundine.	126
Remedies to open the Hemorroids.	127
Remedies to force out the dead Child.	ibid
Remedies that quiet the Matter, that is carried with a wrong Motion.	229
Remedies that Root out the Cause that is offensive in the whol substance.	231
Remedies for Worms.	233
Remedies to break the Stone.	237
Remedies that move Corruption.	240
Remedies contrary to Poyson.	245
Remedies for Symptoms that are Urgent.	257
Medicaments that alter a sick distemper of the whol Body and of the parts.	268
Medicaments that alter the Head that is overcooled.	271
Altering Remedies for Eyes that are overcooled.	274
Arthritick Remedies, for the Joynts that are overcooled.	276
Remedies for the Nerves over-cooled.	279

Page
Remedies for the parts of breathing. 282
Cordials for the Heart that is over-cooled. 285
Stomach-heating Remedies. 288
Remedies that alter the Inteſtines when they are over-cooled. 293
Remedies of the Matrix, either over-heat or over-cooled. 306
Remedies of Diſeaſes in ill Conformation. 310
Remedies of Diſeaſes in faulty Magnitude. 350
Remedies for Diſeaſes in Number. 363
Remedies of Diſeaſes in Situation and Connexion. 367
Remedies of Diſeaſes in diſſolved Unity. ibid

TO THE

READER.

ALL those that were famous in the Art of Physick, and by taking care of the health of Man gained to themselves great Honor, may be supposed to have laid the first foundation of all their glory in the Cottages of Poor Men. For since two things chiefly commend a Physitian; skill to cure the sick, and great charity to the Poor, without which there can hardly be so much sence of anothers misery that can invite one carefully to lend his utmost help. These two are so united, that a Physitian can hardly be approved amongst Rich Men and Princes, unless he hath shewed himself to be such a one by his frequent Practice amongst the Poor: For they that abound with all those things, the want whereof makes life to others not so desirable, will suspect the skill of such as begin, but now to Practice; and who have not been eminent by many experiments, and famous Cures, that are divulged by the Testi-

mony of the common People. And the Physitian alone shall not easily perswade great Men, to whom he may be called, that he hath seriously taken care for the Disease, but rather for his own gain and profit, who hath not sometimes done his best endeavors to help poor distressed Men, and by such a Custome, learned to deal gently with those that are sick. And this is the Cause, that, those who begin to study Physick, and by the profession of it, seek for renown and much profit, must in the first place make it their greatest care, that when by study they have learned the precepts of Physick, they may know how to apply it to Men of mean fortunes that are Sick; and from thence they may happily begin their first Practice. In which business, a smal estate is no little hindrance to the endeavors of the Physitian, when oftentimes not only fit Nourishments cannot be afforded to sustain the strength of Nature, but also fit Remedies for the Cure; much dear and costly Physick fetched out of the Apothecaries Shops, would undo the Poor and so make a new addition of more misery to the former. Nature is liberal to provide for the necessities of the Poor, and hath sent forth many matters for Medicaments, that may be found almost every where, and with little Art may be prepared for every use. In which a Physitian ought to be as wel skilled, as he should be in Medicaments that are for the Rich. as Galen writes, 6. de Comp. Medicam. Per Loca. Cap. 1. Especially since those Obvious

Remedies

Remedies are not onely profitable for the Poor, But as neceſſary for the Rich, when they are upon a Journey, if perchance they ſhould fal ſick, when they are farr from Cities, and Apothecaries Shops. This Treatiſe therefore ſhal be concerning ſuch Remedies as are eaſie to be procured. Thus far I have followed in this Epiſtle the Expreſſions of the Famous and Learned Doctor, John Prevotius.

My intent in Publiſhing Books of Phyſick in Engliſh is not to make Fooles Phyſitians. But to help thoſe that are Ingenious, Rational and Induſtrious, though they have not that knowledg of Tongues that were to be deſired. I have and ſhal in my Books of Phyſick follow the moſt Honeſt and Learned in that Art; But let me warn thee now (as I have often before) That there is great danger in Phyſick if they be not rightly prepared and given in their due quantities. And alwaies remember, thou ſhalt give an account to God for al thy actions done in the Fleſh; Therefore when thou haſt to do in what concerns the lives of Men; do nothing but what thou wouldeſt do, if thou wert ſure the great and dreadful day of Judgment were to begin the next hour.

I ſhal ſay no more but this; I am reſolved not to give over, until I have Publiſhed in Engliſh whatſoever ſhal be neceſſary to make an Induſtrious, Diligent, Rational Man a knowing Phyſitian. This is the aim and indeavor of.

Nich. Culpeper.

Mris. Culpepers Informa-tion, Vindication, and Testi-mony, concerning her Hus-bands Books to be Publiſhed after his Death.

Courteous Reader,

SO great are the Afflictions wherewith our Heavenly Father hath been pleaſed to exer-ciſe me his poor Hand-maid, that I have not only lived to ſee my dear Husband, (the Staff and Solace of my Life) taken from me: but it hath been my hard hap alſo to ſee his Re-putation, and Memory (which will be dear to all Poſterity, for the works he hath written for the Common Good of this Nation) blemiſhed, and Eclipſed, by the covetous and unjuſt Forgeries of one, who, though he calls himſelf Na-thaniel, is far from being an Iſraelite in whom there is no guile; who was not content to publiſh a Hodg-podg of indigeſted Col-lections, and Obſervations of my dear Husband deceaſed, under the Title of Culpeper's laſt Legacy; but to make the Deceit more taking, he ſtretched his Forehead ſo far, and braſed it ſo hard, as not to be aſhamed to forge two Epiſtles, one in mine, and the other in my Husbands Name; of the penning of which, he nor I, never ſo much as dream'd: And yet he impudently affirmeth in my Name, that my Husband Laid a ſevere Injunction on me to publiſh them for the general Good, after his deceaſe; and that

that they are his laſt Experiences in Phyſick and Chyrurgery. *And in the Title of his Book, he ſaith,* They are the choyceſt, and moſt profitable Secrets, reſolved never to be publiſhed till after his Death. *All which Expreſſions in the Title and Epiſtles, are as falſe as the Father of Lyes; and every word in them, forged and feigned. And he knew well enough, that no diſcreet, honeſt man, that was a friend to my Husband, or me, would ever have agreed to ſuch infamous and diſhoneſt Practices; and therefore I deſire all Courteous Readers of the Writings of my Husband, to take notice of this* Deceit, *and to aſſure themſelves that it never entred into his head, to publiſh ſuch an undigeſted* Gallimoffery, *under the promiſing and ſolemn Name of his* Laſt Legacy, *and that* whereby he gained his Reputation in the World, *as the Impoſter makes him ſpeak in his forged Epiſtle. And I deſire any indifferent Reader, that hath obſerved my Husbands lofty, and Maſculine manner of expreſſing himſelf in his Prefaces, and Epiſtles Dedicatory, whether in caſe he had been minded or diſpoſed to take ſo ſolemn a farewel of the world, as the* Forger *makes him to do; whether, I ſay, he would have done it in ſuch a* whining faſhion, *and ſo in the Stile of a* Ballade-maker, *as to ſay,* And now, if it pleaſe Heaven to put a period to my Life, and Studies, that I muſt bid all things under the Sun farewel: Farewel to my dear Wife and Child, farewel Arts and Sciences, farewel all worldly Glories, adieu Readers. *Certainly my Husband would have been far more ſerious, and material, in ſuch a caſe, as any diſcreet man will judg. Neither can it be thought, that in ſuch a ſolemn* Valediction, *he could poſſibly forget his wonted reſpects to the* Colledg of Doctors, *to whom he did ſo frequently addreſs himſelf, in divers of his Writings.*

Courteous Readers, *I ſhall ſay no more touching the abuſe of the Book-ſeller, only to prevent (as much as concerns me) thy being abuſed for the future, know, That my Husband left ſeventy-nine Books of his own making, or Tranſlating, in my hands, and "I have depoſited them into the hands of his, and my much Honored Friend, Mr.* Peter Cole, *Book-ſeller, at the* Printing-Preſs, *neer the* Royal Exchange *(for the good of my Child) from whom thou mayeſt expect to receive in Print, ſuch of them as ſhall be thought fit to ſerve thee in due ſeaſon, without any Diſguiſes or Forgeries, unto which I do hereby give my atteſtation. Alſo my Husband left ſeventeen Books compleatly perfected,*

in

in the hands of the said Mr. Cole, *for which he paid my Husband in his life-time: And Mr.* Cole *is ready and willing (on any good occasion) to shew any of the said seventy nine Books, or the seventeen, to such as doubt thereof.*

And if any Person shall question the Truth of any part of this Vindication, or Epistle; if they will take the pains to come to me, I will face to face, justifie the truth of every word thereof, as I have subscribed my Hand thereunto in the presence of many Witnesses.

I protest in the Presence of the great God, the Searcher of all hearts, before whom Mr. Brooks *and I must one day give an account of all our Actions; That I have not published this Epistle or Vindication, out of any dis-respect to Mr.* Brooks (*for I much respect the man, and would be glad to serve him to my power*) *but only to cleer my Husband from the folly and weakness cast upon him by the means above expressed. And out of tenderness to Mr.* Brooks, I *first tried other means of keeping, and afterwards of repairing my Husbands Credit, and then stayed long to see if he would repair (in any measure) the wrong done to my Husband, and my self. I desire to be*

From my House, next door to the Red Lyon in Spittle-fields, October, 18. 1655.

Your Servant (in, and for the Truth)

Alice Culpeper.

Mris. *Culpeper* did the 18. of *October*, subscribe this Epistle in Vindication of her Husband's *Reputation*, before Ten Witnesses, as she had done another Epistle on the ninth of *October*, almost in the same words with this, except neer the Conclusion.

The Names of several Books Printed by Peter Cole *in Leaden-Hall,* London, *and are to be sold at his Shop at the sign of the Printing-press in Corn-hil, neer the Exchange.*

Ten several Books, *by* Nich. Culpeper, Gent. *Student in Physick and Astrologie.*

1 The *Practice of Physick*, containing seventeen several Books. Wherein is plainly set forth, The *Nature*, *Cause*, *Differences*, and Several Sorts of *Signs*; Together with the *Cure* of all Diseases in the Body of Man. Being chiefly a Translation of The *Works* of that Learned and Renowned Doctor, *Lazarus Riverius*, Now living; Councellor and Physician to the present King of *France*. Above fifteen thousand of the said Books in Latin have been Sold in a very few Yeers, having been eight times printed, though all the former Impressions wanted the *Nature*, *Causes*, *Signs*, and *Differences* of the Diseases, and had only the Medicines for the *Cure* of them; as plainly appears by the Authors Epistle.

2 The *Anatomy of the Body of Man*, Wherein is exactly described, the several parts of the Body of Man, illustrated with very many larger Brass Plates than ever was in English before.

3 A Translation of the *New Dispensatory*, made by the Colledg of Physitians of *London*. Whereunto is aded, The *Key to* Galen's *Method of Physick*.

4 The *English Physitian Enlarged*; being an *Astrologo-Physical* Discourse of the vulgar Herbs of this Nation; wherein is shewed how to cure a mans self of most Diseases incident to Mans Body, with such things as grow in *England*, and for three pence charge. Also in the same Book is shewed, 1 The time of gathering all Herbs, both Vulgarly and Astrologically. 2 The way of drying, and keeping them and their Juyces. 3 The way of making and keeping al manner of useful Compounds, made of these Herbs. The way of mixing the Medicines according to the Cause, and Mixture of the Disease, and the part of the Body afflicted.

5 A *Directory for Midwives*, or a *Guide for Women*. Newly enlarged by the Author in every sheet, and Illustrated with divers new Plates.

6 *Galen's* Art of *Physick*, with a large

a large Comment.

7 A *New Method* both of ſtudying and practiſing Phyſick.

8 A Treatiſe of the *Rickets*, being a Diſeaſe common to Children; wherein is ſhewed, 1 The Eſſence, 2 The Cauſes, 3 The Signs, 4 The Remedies of the Diſeaſe; Publiſhed in Latin by Dr. *Gliſſon*, Dr. *Bates*, and Dr. *Regemorter*, tranſlated into Engliſh. And corrected by *N. Culpeper*.

Medicaments for the Poor, Or Phyſick for the Common People.

Health for the Rich and Poor, by Dyet without Phyſick.

A Godly and Fruitful *Expoſition*, on the firſt Epiſtle of *Peter*. By M. *John Rogers*, Miniſter of the Word of God at *Dedham* in *Eſſex*.

The Wonders of the *Loadſtone*. By *Samuel Ward* of *Ipſwitch*.

An *Expoſition* on the Goſpel of the Evangeliſt St. *Matthew*. By Mr. *Ward*.

Clows Chyrurgery.

Marks of Salvation.

Chriſtians Engagement for the Goſpel, by *John Goodwin*.

Great Church Ordinance of Baptiſm.

Mr *Love*'s Caſe, containing his Petitions, Narrative, and Speech.

Vox Pacifica, or a perſwaſive to peace.

D.. *Preſtons* Saints ſubmiſſion and Satans Overthrow.

Pious Mans Practice in Parliament Time.

Mr. *Symſons* Sermon at Weſtminſter.

Mr. *Feaks* Sermon before the Lord Major.

Mr. *Phillips* Treatiſe of Help.

——— of Chriſts Genealogy.

Eaton on the Oath of Allegiance and Covenant, ſhewing that they oblidg not.

Eleven Books of Mr. Jeremiah Burroughs *lately publiſhed; alſo the Texts of Scripture upon which they are grounded.*

1 The Rare Jewel of *Chriſtian Contentment* on *Phil.* 4. 11. Wherein is ſhewed, 1 What *Contentment* is, 2 It is an Holy Art and Myſtery, 3 The Excellencies of it, 4 The Evil of the contrary ſin of Murmuring and the Aggravations of it.

2 *Goſpel Worſhip*, on *Levit.* 10. 3. Wherein is ſhewed, The right manner of the Worſhip of God in general; and particularly, In Hearing the Word, Receiving the Lords Supper, and Prayer.

3 *Goſpel Converſation*, on *Phil.* 1. 17. Wherein is ſhewed 1 That the Converſations of Beleevers muſt be above what could be by the Light of Nature, 2 Beyond thoſe that lived under the Law, 3 And ſuitable to what Truths the Goſpel holds forth. To which is added

Misery of those men that
e their Portion in this Life
, on *Psal.* 17. 14.

A Treatise of *Earthly-*
ndedneſs, Wherein is shewed,
What Earthly mindedness
2 The great Evil thereof, on
l. 3. part of the 19 Verse.
oto the same Book is joyn-

A Treatise of *Heavenly-*
ndedneſs and, Walking with
d, on *Gen.* 5. 24. and on *Phil.*
20.

An *Expoſition*, on the
nth, fifth, sixth, and seventh
apters of the Prophesie of
ſea.

An *Expoſition* on the
ith, ninth, and tenth Chap-
s of *Hoſea.*

An *Expoſition* on the
venth, twelfth, and thirteenth
apters of *Hoſea*, being now
mpleat.

The *Evil of Evils*, or the
ceeding Sinfulness of *Sin*, on
b, 36. 21.

Precious Faith, on 2 *Pet.*
1.

Of Hope, on 1 *John.*
3.

Of Walking by Faith, on
or. 5. 7.

Twelve several Books of Mr.
William Bridge, *Collected*
into one Volumn. Viz.

The Great Gospel Mystery
the Saints Comfort and Ho-
es. opened and applied from
rists Priestly Office.

Satans Power to Tempt,
and Christs Love to, and Care
of His People under Temptation.

3 Thankfulness required in
every Condition.

4 Grace for Grace; or, the
Overflowing of Christs Fulness
received by all Saints.

5 The Spiritual Actings of
Faith through Natural Impossibilities.

6 Evangelical Repentance.

7 The Spiritual Life, and
In-being of Christ in all Believers.

8 The Woman of Canaan.

9 The Saints Hiding-place
in time of Gods Anger.

10 Christs Coming is at our
Midnight.

11 A Vindication of Gospel
Ordinances.

12 Grace and Love beyond
Gifts.

A Congregational Church
is a Catholick Visible Church.
By *Samuel Stone* in *New England.*

A Treatise of Politick Powers. wherein seven Questions
are Answered, 1 Whereof Power
is made, and for what ordained.
2 Whether Kings and Governors have an Absolute Power
over the People. 3 Whether
Kings and Governors be subject to the Laws of God, or
the Laws of their Countrie. 4
How far the People are to obey
their Governors. 5 Whether
all the people have, be their
Governors. 6 Whether it be
Lawful to depose an evil Governor

vernor 7 What Confidence is to be given to Princes.

The Compassionate Samaritan.

Dr. *Sibbs* on the Philippians.

The Best and Worst Magistrate. By *Obadiah Sedgwick*.

The Craft and Cruelty of the Churches Adversaries. By *Matthew Newcomen*.

A Sacred Penegerick. By *Stephen Martial*.

Barriffs Military Discipline.

The Immortality of Mans Soul.

The Anatomist Anatomized.

King *Charls* his Case, or an Appeal to all Rational Men concerning his Tryal.

Mr. *Owens* stedfastness of the Promises.

A Vindication of Free Grace; Endeavoring to prove, 1 That we are not elected as holy, but that we should be holy; and that Election is not of kinds, but persons. 2 That Christ did not by his Death intend to save all men, and touching those whom he intended to save, that he did not die for them only if they would believe, but that they might believe. 3 That we are not justified properly by our believing in Christ but by our Christ, believing in him 4, that which differenceth one man from another, is not the improvement of a common ability restored through Christ to all men in general, but a principle of Grace wrought by the Spirit of God in the Elect. By *John Pawson*.

Six Sermons preached
Doctor *Hill*. Viz.

1 The Beauty and Swee
of an Olive Branch of P
and Brotherly Accommod
budding.

2 Truth and Love h
married in the Church
Christ.

3 The Spring of strengt
ing Grace in the Rock of
Christ Jesus.

4 The strength of the S
to make Jesus Christ
strength.

5 The Best and Wor
Paul.

6 Gods eternal prepar
for his Dying Saints.

The Bishop of *Canterb*
Speech on the Scaffold.
King's Speech on the Scaff

The Magistrates Suppor
Burden. By Mr. *John Co*

The Discipline of
Church in *New England*,
the Churches and Synod th

A Relation of the *Barbad*

A Relation of the Re
tance and Conversion of
Indians in *New England*;
Mr. *Eliot*, and Mr. *Mayh*

The History of *Montr*
and his Actions for Charles
First. His passions for Cha
the Second King of *Scots*.

The Institutes of the L
of *England* by *John Co*
Octavo.

A description of the Gr
Signiors *Seraglio*; or the T

iſh Emperors Court. By *John Greaves.* Octavo.

The reigning error Arraigned at the Bar of ſcripture, and Reaſon. By *Franſcis Fulwood.* Octavo.

The ſtate of Future Life. By *Thomas White.* Twelves.

The Royal and delightful Game of *Picquet*, written in French, and now rendered into Engliſh. Octavo.

De copore Politico: or, The Elements of Law, moral, and politick. By *Thomas Hobbs* of *Malmſbury.*

The Hiſtory of the Rites, Cuſtoms, and manner of life, of the preſent *Jews* throughout the World. Octavo.

The *London* Diſpenſatory in Latin in Folio.

The *London* Diſpenſatory in Latin in Twelves.

A Poem upon the late Fight at ſea, between the two great Fleets of *England* and *Holland.*

Theſe ſeveral Books of Phyſick and Chyrurgerie will ſhortly be printed in Engliſh.

Riverius Obſervations, with fifteen hundred and ſeventie other Hiſtories and Obſervations of other men.

Riolanus Anatomy.

Bartholinus Anatomy.

All the Works of *Daniel Sennertus*, except ſome few, not proper for Tranſlation.

The *Idea of Practical Phyſick*, being a compleat Body of Phyſick.

And *Fernelius* his Works.

There wilſpeedily be printed theſe Several pieces of Mr. *Bridge* of *Yarmouth. Viz.*

1 *Scripture Light the moſt ſure Light*: compared with, 1. Revelations and Viſions. 2. Natural and Supernatural Dreams. 3. Impreſſions with and without Word. 4. Light and Law within. 5. Divine Providence. 6. Chriſtian Experience. 7 Humane Reaſon. 8. Judicial Aſtrology. Delivered in three Sermons on 2 *Pet.* 1. 19.

2 *Chriſt in Travil*: Wherein, 1 The Travel of his ſoul. 2. The firſt and after effects of his Death. 3 His Aſſurance of Iſſue. 4. And His ſatisfaction therein Are opened and cleered in three Sermons, on *Eſay*, 53. 11.

3 *A Liſting up for the Caſt-down*, in caſe of 1. Great ſin. 2. Weakneſs of Grace. 3. Miſcarriage of Duties 4. Want of Aſſurance. 5. Affliction 6. Temptation. 7. Diſſertion. 8. Unſerviceableneſs. 9. Diſcouragements from the Condition it ſelf. Delivered in thirteen Sermons on *Pſalm*, 42. 11.

His Four Sermons concerning

1 Sin againſt the Holy-Ghoſt.

2 Sins of Infirmities.

3 The Falſe Apoſtle tried and Diſcovered

4 The Good and means of Eſtabliſhment.

Franciſci

Franciſci Tayleri, Capitula Patrum: Hebraicè & Latinè edita. Una cum Annotationibus ſenſum locorum difficilium Experimentibus.

Franciſci Tayleri, Lamentationes Jeremiæ vatis, Denuo è fontibus Hebraicis tranſlatæ, cum Paraphraſi Chaldaica, Maſora magna & parva, & Commentariis Rabbi Shelomoh, Jarchi & Aben Ezræ, è Buxtorfii Bibliis magnis excerptis.

These Books of Divinity wil ſpeedily be printed.

Mr. *Burroughs*, on 1 *Cor.* 7. and 18, 19. 29. And [fi]nine Sermons on *Matthew*, [1] 28, 29, 30.

Seventeen Books of M *Thomas Hooker*, being t ſubſtance of many Sermo preached in *New-England*.

Mr. CULPEPER'S PHYSICK FOR THE POOR OR Common People.

The Begining.

IN setting down of Physicks that can easily be prepared, the best way is to distribute such remedies as are found out, into such a Method, that every one may know readily how to bring forth the Matter which

he must chuse, to begin, or to
forward with, in the cure of a di
ease; since therefore the remed
which hath its indication from th
cause of the disease, is found o
last, but must be first put in exec
tion, and before al things, the cau
must be taken away, that so the di
ease may be over come. 7. *Meth.* Cha
12. Those Medicaments that a
contrary to the causes of diseases,
deservedly challenge the first plac
and they are many, as the causes a
many: For some of them do impa
or weaken, and evacuate the Matt
that offends; some again increa
that which is wanting; and othe
do correct the ill quality of it; so
do hinder disorderly motion, or c
recal rest that is faulty, to its natu
Station; others do root out the ca
ses that are Peccant, by their wh
kind (as they say) against Natu
and Substance.

We shal begin with such as evac
ate, and the rather, because that po
people by reason of ill diet, abou
wi

more Excrements, than the rich & so usually fal into diseases from humors, rather than from Plery.

Physicks that evacuate are divers, some do sensibly evacuate the tter by the Belly, by Vomit, by ne, by Sweat, by Spittle, by the late, by the Nostrills. Others digest insensibly, and turn it into pors, and these take place in the e only after sensible evacuations.

Physicks that purge the Belly.

Some of these respect only the imrity of the first passages, nor do y extend their forces beyond the ghbor region of the Mesentery, d these are called Lenitives; others purge the second and third Regi- of the Body, and are called tharticks and Purgatives.

The Belly is loosned by Physicks ken at the Mouth, or cast in by ysters, or else by Suppositories.

Those that are taken at the Mouth,

are of two ſorts: for ſome of the
do ſtrongly purge the Belly, a
bring forth the Excrements; othe
work more weakly, which are prin
pally to be uſed, to keep the Be
looſ that the Natural Excrements
the firſt Concoction may not too lo
be retained.

Strong Purgers in a Chollerick Cauſe.

Whey Clarified and ſo drank fr
three pound, to eight pound, wi
in one hour ſpace: but it wil
more effectual, if in the firſt Cup y
diſſolve one dram of common Sal
Un-huld Barly Water, drank wi
in the time of half an hour, fr
two pound, to ſix pounds; eſpeci
if it be boyld with Raiſons
Prunes.
The freſh Juyce of the purple Vio
from one ounce to two ounces: w
one cup of Barley or fountain Wa
The Juyce of Damask Ro
drank the ſame way.

Gou
gen

boyled with a fourth part of Ho-
, and a little common Salt, drank
m three ounces to five ounces.
All theſe muſt be corrected by
ping of Wormwood in them, if a
ak ſtomach chance to abound
h choller.
The Juyce of Succory clarified,
m Three ounces to five or ſix oun-
.
Common Oyl that is made of ripe
ives, boyld with thrice as much
ntain Water til the moyſture be
ſumed, drank alone, from four
nces to ſix ounces, eſpecially in
pain of the Heart.
The freſh Flowers, of the Cherry
ee or the Peach Tree, one ſmal
ndful, eaten in a *Sallet*.
Musk Roſes, in number, four.
ten in a *Sallet*, eſpecially if they
yet moyſt with Dew.
Twelve ſweet Prunes gently boy-
in Honey Water.
ou may alſo prepare from Prunes,
Rob, like to Sapa, of ſmal Charge,
d very pleaſant, ſuch as here
lloweth.

* What *Rob* or *Sapa* is, and how to mak ſeveral ſorts thereof and the ſeveral uſes of them, you may eaſily learn in my laſt edition of the *London Diſpenſatory* in Engliſh

Take ſweet Prunes, one pou
ſweet Cods ſliced three ounc
Fountain Water or ſweetiſh wh
Wine three pound, boyl them a
gentle fire, til the Matter grow thi
then ſtrayn it through a Hair Si
& then boyl it again, to the conſiſt
ce of a *Sapa*, of which, for a Sufficie
Purge, give one ounce and h
either by it ſelf, or with a ſmal C
of Water or Broth. you may boy
thicker, like an Electuary, for ſuch
wil take it only in a *Bolus*, but y
muſt add a fourth part of Honey, t
it may laſt ſome time uncorrupt
and you may give one ounce of it
one ounce and half.

Purgers in a Flegmatick Cauſe.

Take red Sugar one ounce, in
broth of a Pullet, or Water of Co
ander.

Alſo take fine Sugar, from
ounce and half to two ounces
ſame way.

Go

Good Metheglin not boyled, taken from eight ounces to about one pound. But the windinſsof it muſt be corrected with ſeeds of Annis, Fennel or Coriander.

Sweet Wine with the third part of raw Honey from four ounces to nine ounces, adding alſo the ſweet ſeeds, that it may not ſtretch out the Belly.

The decoction of Fenugreek with a fourth part of Honey, or elſe alone with Salt, from four ounces to ſix ounces.

The Herb Mercury, eaten like Pot-hearbs, ſeaſoned with Salt and Oyl.

So alſo is the Decoction of it good from four to ſix ounces, adding Salt to it.

The pouder of both Hyſops, from two drams, to four drams, with Oxymel, or about one meaſure of the Decoction of it given alone, or elſe with Oxymel.

The Pouder of crude Tartar from half a dram to two drams drank in Cock

Cock-Broth, or Honey and Water, or in the Decoction of Hyſop or Pole

Roſin of the Larch Tree unwaſhe from three drams to five, for thoſe that are in years; but give childre about one dram in Bolus or Pills.

For this end may be provided laxative Oxymel that is very effectual.

Take eared or femal Mercur two handfuls, common Wormwoo one handful, Honey one pound Fountain Water three pound, l them boyl at a gentle fire to the conſiſtence of Honey, then ad Hyſop an Poley of each one handful, the be Vineger half a pound, boyl the again to the conſiſtence of Oxymel and then ſtrain them, the doſe from three ounces to four ounce alone or in Broth.

Alſo there are Pills eaſy to get and of ſmal coſt, Made of waſht Aloes which may be given from one ſcruple to two drams or thereabouts And *Garzias ab horto* writes that if the leaves of Aloes are cut and boyled with

with a little Salt, the Decoction drank to about eight ounces wil Looſen the Belly without any harm, four or five times.

Purgers in a Melancholy Cauſe.

Take the pouder of Fumitory dryed in the ſhade, about three drams in Water and Honey *Or*,

Take the freſh Juyce of the ſame Herb, from two ounces and half, to four ounces or there abouts, in Clarified Whey or Broth of a Pullet.

So the Decoction of one handful of it is good, eſpecially with Raiſons, and a little Salt.

Tartar uſed as was ſaid before.

The Cream of Tartar is given from one dram to three drams, in Broth, or ſome other Liquor.

Of Tartar, and a little of the Leaves of Senna of Alexandria, to ſtimulate it: a very effectual Pouder is made, and it is very pleaſant. It is thus made.

Take

Take the beſt crude Tartar, or dram, or Cream of Tartar one dra & half, Leaves of Senna one ſcrupl ſeeds, of annis, or fennel, or cinnamo half a ſcruple, fine Sugar half a dra mingle them and make a Pouder fo one Doſe.

Medicaments that Soften the Belly.

We muſt uſe theſe remedies tha do not Purge ſtrongly, rathe to hinder the retention of the Excre ments of the firſt Concoction, tha for any other neceſſary and quic Evacuations; and ſuch are theſe.

Things that Molify the Belly in a Chollerick Cauſe.

Theſe following Herbs boyled as Pot-hearbs, and their Decoctions are profitable, namely, Sorrel, Atri-plex, Blites, Lettice, al kind of Sor-

rel

rel, Mallows and the ſtalks thereof, Spinach.

TheſeHerbs ſoften more, if they be boyled with Raiſons, in fat Broth or ſeaſoned with Oyl and a little Salt.

*S*weet Cherries boyled, eſpecially with their broth and ſprinckled with Sugar.

Alſo Juyce of Cherries thickned with Honey, from one ſpoonful to two ſpoonfuls, either taken alone or with Broth.

Peaches boyled and ſprinkled with Sugar.

Sweet Apples boyled.

Currance without ſtones, and al of that kind either taken alone or ſteeped in Clarified Whey til they ſwel, or boyled in White Wine, or Broth and ſprinkled with Sugar, taken one ounce or two ounces at a time.

Sweet Prunes raw, their outward ſkin being pulled off, or boyled in Wine, and ſprinkled with Sugar.

The Juyce of Ptiſan, eſpecially made of huſked Barley.

Barley

Barley Bread.

Oyle of ripe Olives eaten largely at Meals.

The cheif use of al these, as of those that follow, is at the first course or when the Stomach is empty, about two hours before Meat.

Medicaments that looſen the Belly in a Flegmatick cauſe.

The ſprouts of Stone Sparagus boyled and ſeaſoned with Salt and Oyl.

Oat-meal in Meats or Gruel.

Colworts, cheifly thoſe that are curled, being gently boyled, & ſeaſoned with Oyl and Salt.

Alſo the firſt Broth of Colworts, wel boyled and ſeaſoned as before.

Likewiſe the Juyce of Colworts preſſed out and drank in Broth, from two to four ounces.

Beets vſed in the ſame manner, the white Beet is held to be more effectual then the Black or Red.

The

The Leaves of Marigolds Boyld, and seasoned with Oyl and Salt.

The first Broth of Chich Pease, or Lintels with Oyle and Salt.

The Broth of all Salt fish.

New Figs very ripe.

Dry Figs six or seven soaked in Milk or sweet Wine, until they swell.

Some also in the spring time strew fresh Damask Rose Leaves on Figs, which Leaves they often change for the space of Fourteen dayes, and putting them, pressed close together, into a Vessel, they lay them up for their use: and use to Eat two or three of them before meat.

New Walnuts, or for the lack of them, dry Walnuts soked in Water, until they be Soft, and then Eaten with Salt.

Branny Bread or that which is course, which is made more effectual with Raisions and Senna of Alexandria.

Bran alone Boyled in Broth.

The Decoction of Sweet Cods.

Medicaments

Medicaments that ſoften the Belly, in a Melancholly cauſe.

Capers ſeaſoned with Salt gently Boyled, are eaten in Sallets with Oyl and Vineger.

The young ſprouts of hops, that firſt come forth, Boyld and ſeaſoned with Oyl and Salt; they looſen more effectually, if you Drink the Broth after them.

All kind of new ſweet Grapes, but eſpecially whilſt the dew yet hangs on them, they are not ſo effectual, when they are hanged up to be kept. Sweet Wine drank.

Sawces made of the Juyce of Wine Sod, that is, new Wine Boyled a little.

To theſe may be referred prunes and Raiſons, eſpecially in aduſt Melancholy.

Vineger is made to ſeaſon Sallets and to keep the Belly Soluble, after this faſhion.

Take

Take Crude Tartar one dram: or Cream Tartar half an ounce: Leaves of Senna three drams, good Cinnamon, or Annis Seed one dram: the sharpest Vineger one pound: make infusion a natural day, and keep the Vineger for use.

Also Vineger of Currence in which Tartar hath been infused a whole night, is not uneffectual.

Lenitive Clysters.

Clysters are made presently at a very smal rate, to purge the Belly: of one pound, of Flesh Broth, Oyl of Olives or Line Seed Oyle, and the dregs of Sugar, of each three ounces: Common Salt one dram: mingle them.

It will be Cheaper, and more clensing, if a Clyster be made of natural Salt Sea-Water, or Mineral Water, one pound: common Oyl three ounces: Or.

Take

Take the Decoction of Mercury, Mallows, Beets, and Bran, of pound: Juyce of Colworts, or Hone or Juyce of Beets, two ounces: com mon Salt one dram: mingle the for a Clyster.

If there be need of any great Loo ning, Augment the Quantity of th Oyl to four or six ounces: or Omi ting the Oyl, increase the quantit of the Decoction made with a gre deal of Mallows, Marsh Mallow Brank-ursin, and pressed out strong ly.

If there need Cooling, the Leav of blew Violets, Pellitory of th wall, and Barley must be added t the Decoction.

If the * *Expulsive faculty* be wea you must double, or treble, the quan tity of Salt.

* what that is, see my tran- slation of *Riverius* Practice of Physick in the Physical Dictiona- ry at the end of the aforesaid Book.

Loosening Suppositories.

Suppositories, made of one ounc of Honey, or the dross of Sugar Boy le

ed hard, adding a little Salt to it; If he Expulsive faculty, be sluggish, lo mildly stir up the Belly to void out the excrements.

Also the Roots of Radish or Beets, Cut into form of Suppositories, and smeered with Oyl, or Butter, with or without Salt.

The same is done with the stem of the Colwort.

Also a Fig turned the out side inward, and made like a Suppository, anoynted with Oyl and Salt.

So Suppositories are made of Spanish Soap, or with Lard, or a Candle, anoynted with Oyl or Butter.

Purgers by the Belly.

Those Medicaments that draw forth the excrements, by the Belly, and are called Purgatives and Catharticks, though they hardly drive forth the Humors single, but mingled together, yet they take their Name from the Excrement that they

they moſt effectually purge. Fo
which reaſon they may be reduce
to four ranks, according to the dive
ſity of Humors, that they purge forth
Namely to Purgatives of Cholle
Flegm, Mellancholy, and Water
or Bloody Excrements.

We may again divide all the
ſeverally, to diſtinguiſh them th
better, into gentle purgatives, whi
purge Mildly without gripings, fro
the parts that are about the Live
into forcible Purgatives, whi
drive forth from the remote par
and from the hollow Vein, not wit
out ſome trouble: and Violent Pu
gatives or furious, which draw fro
the furtheſt parts, and if they ben
well Corrected, they do their wo
moſt vehemently, and weaken th
Patient. With this diſtinction it
an eaſy matter for any one to mak
choiſe of Purgatives, according t
the different Scituation, and the pa
that is affected, and for the greate
or leſſer reſiſtance of the Humo
that muſt be purged, and for th
ſtrength or weakneſs of the Sick th
muſt endure it. *Whe*

When Choller Predominates, these Medicaments are Convenient for a gentle Evacuation.

The wood of *Amara Dulcis* Boyled; from one ounce to two ounces, with a quantity of Annis Seed or Fennel Seed.

The Yellow rind of the Black Alder-Tree dried in the shade, and cheifly at the beginning of the spring; taken to four scruples: it is corrected, with some aromatical Seed, and the Black Rind that is out-most: and therefore it is dried, Boyled and bruised al together.

Monks Rhu-barb, or the Herb Patience of *Mathiolus*, the pouder of the dried Root is given from one dram, to one dram and an half in warm Broth, with five or six grains of Ginger or Hysop.

Blew Violets dried in the shade, are taken, from one dram to two drams: with the Broth of Chich Pease, or garden Pease, Boyled Moderately.

The great Bind-weed of *Mathiolus*,

Boyled; from one handful to two handfuls. It is corrected with ſuch things, as bind the Stomach, cheifly with the Myrtle Berries, Roſemary, and wild Galinga.

Theſe Purge Strongly.

The leſſer Centaury, in a Decoction; from two drams to three drams, in eight ounces of Water: till half be conſumed, adding Liquoris or Rayſons to correct the bitterneſs; it is given in Pouder to one dram, or thereabouts, in the Decoction, of Prunes or Rayſons, cheifly in Barley Water.

Gratiola dried, is adminiſtred in Pouder, to one dram: in Wine or Broth, altered with things that Corroborate the Stomach.

When it is green, it is Boyled, from one dram and an half to two drams: ſome of the Succories, eſpecially being Boyled with it.

Petty Spurge, in Pouder about four ſcruples: drank in Honey Water, with a little Vineger.

Theſe

Theſe Purge *Violently.*

Dogs Cole, the Juyce of it, whilſt it is freſh, and the Herb firſt dried in the ſhade.

The ſame thing doth Scammony, but it is corrected with Quinſes, or the Smoak of Brimſtone, which is a new Invention, and it makes the Medicament gentle enough, and void of all taſte; either of theſe being groſſely poudered, is ſpread upon a brown Paper, and poudered Brimſtone is caſt upon the Coals underneath, ſo that the Paper over it may receive the ſmoak: ſo ſoon as the matter begins to Melt, it is taken away and reſerved for uſe: and ſo may Scammony be ſafely given, from five grains to fifteen: but if it be prepared with Quinſes: ten grains are ſufficient; it may be given in ſome convenient Liquor, or made up in Pills, or Bolus.

Of theſe ſpoken of, divers purging

Medicaments, may presently be provided; concerning which we must generally take notice, that the purgation will be made more gentle, if purgatives be mixed with Lenitives of the same kind; which must be understood proportionably, of all other purgatives, for Example.

A potion to purge Choller may presently be provided thus.

* *what* Rob *is, & how to make it. you may easily learn if you Read the Translation of my* London Dispensatory: *under the Title* Rob *you shall find twelve several sorts of* Rob, *by which (with diligence and care) you may make any other sort, of* Rob.

Take Raysons half an ounce, sweet Prunes eight, The Lesser Centaury two drams, Fennel Seed half a dram, Barley or common Water eight ounces, make a Decoction at a soft fire, til half be consumed, strain it, and give it to drink.

If you will have a Bolus.

Take the Roots of patience in pouder one dram: the flowers of the Lesser centaury, half a dram, the pulp of Raysons clensed from their stones, or the * Rob of Prunes thickned, six drams: Ginger six grains: mingle them and make a Bolus.

If you meet with a Patient, whose Stomach abhors all Physick, then make purging Prunes, or Currence, or Figs, if you steep the said fruit in some of these

these purging Decoctions, that purge Choller, so long that the fruit swel, and then six Prunes or three or four Figs, or half an ounce of Currence unto one ounce, will be sufficient for a purge.

So you may provide these fruit to purge any other Humors, only changing the matter of the Purgative Liquors, that they are soaked in, according to the matter of the disease, whether it be Blood, Melancholy or Flegm.

These gently Purge Flegm, when it is predominant.

Agarick infused all night, in Liquor, in which Ginger is first soaked, or Hysop or Time, or some other like hot and sharp Herb, and then it is dryed, As they make Agarick in * Troches: it is given, beaten into Pouder from half a dram to one dram, in Pills, or Bolus, or drink of Oxymel: it is infused from four scruples: to three drams: or thereabouts, especially, in Honey Water.

Asarum of *Mathiolus*, Purgeth every

* *See the way of making, Thoches of any sort, in my Translation, of the London, Dispensatory, of the last Edition.*

Part of it, but the Root moſt effectual; it is given in Pouder, from one dram to two drams, with Oxymel, or Water and Honey.

The pulp of the Seeds, of wild Saffron is given: from two drams to five drams or thereabout; the Emulſion of them, is given in ſweet Wine, ſtrong Wine, or Broth; it is corrected with ſuch things as heat, and corroborate the Stomach, as ſpike, wild Galingal, Roſemary, &c.

The Juyce of the Berries of Buckthorn, or dying-thorn, wherewith the the Book-binders do Colour the Coverings of their Books Yellow, is given in ſubſtance, from three drams to ſix drams: it is corrected with ſweet Herbs, Seeds or Spices, eſpecially with Ginger.

The thicker Rind of the Elm Poudered; is given from two drams, to half an ounce or thereabouts in Wine, or the Decoction of Hyſop.

Radix cava, or the Root of Bulbus, Fumitory dryed in the ſhade, is given in ſubſtance poudered one dram, in ſome convenient Liquor.

Of

Of the Puck-thorn, there is made a leasing Syrup two ways, and to be kept for the Poor. after this fashion.

Take the Juyce of the Berries of dying Buck-thorn clarified two pound, clarified Honey two pound and an half, boyle it at a soft fire, to the consistence of a Syrup, straind through a wide linnen Cloth, after wards whilst the strained Liquor is yet hot, cast in of the best Cinnamon in Pouder three drams: Ginger one dram and an half, mingle them and keep it for your use. Or.

Take of the said Juyce strained, and boyled by it self, til a fourth part be consumed, one pound: clarified Honey eight ounces: Boyl them together, to the consistence of a Syrup, when they are Boyled, and taken from the fire, cast in two drams of good Cinnamon. Give either of these, from one ounce, to one ounce and an half, in Wine or Broth of Flesh, or in the Decoction of Hysop, or Poley, or Time.

Strong Purgatives.

Take the Root of Esula, the greater,

or

or the leſs, which is commonly the mo
effectual. The Root is uſed, firſt ſteep
in Roſe Vineger, or Vineger of Qui
ces, and then dried and kept for occ
ſion. If theſe Vinegers be wantin
common Vineger is altered, with ſo
Stomachicall Aſtringent, as wi
Roſes, Barberies, wild Pomgra
Flowers, or Quinces, the Tendrells
Vines, Flowrs of the wild Vine,
Myrtle Berries, it is given in Poud
from ſix grains to twenty grains, it is
fuſed, from one ſcruple to five ſcrupl
or thereabout, in Wine, or Meth
lin.

The Rind of the Root Eſula of
nice, is of the ſame nature, prepar
and given the ſame way.

Garden-Broom which they
ſpaniſh Broom, the Leavs, and See
are given in ſubſtance, from one dra
to two drams: in Infuſion, or D
coction; from two drams to half
ounce. It is corrected with Aroma
cal Wine, or ſome Odoriferous ſtom
chical remedies.

Al the parts of cornerd Broom d
the ſame effects; exhibited the ſam
way. Commo

Common Hermodactils or Meddow ffron of Dioſcorides; the Roots of em digged up before they flower, nd eſpecially before the Leaves come rth, endure no boyling or infuſion, e Pouder is given from two ſcruples two drams in Pils, or Bolus, or Lo-enges, or alone in drink, in Wine, or roth. The force of it muſt be ſharpned ith ſome tart thing, as with Ginger, yſop, or Time, alſo it were good to l ſome Antidote to correct the Wind-eſs of it; as, amongſt common anti-otaries, are Rue, Goats Rue, or wild ngelica Root, and the purgation wil e the ſafer

The Root of the yellow, wild Daffo-il is given in ſubſtance, from two rams to half an ounce in Wine or roth: it is corrected with odoriferous omach ſtrengthners.

he dry Root of the black wild Vine of Mathiolus, is given in Decoction; from ne dram and an half, to three drams. In ubſtance poudred from half a dram to ne dram and half, or thereabouts; it s corrected with the Pills, or ſeeds, of itrons, or Orenges or with ſpike.

Theſe

Theſe Purge Violently.

The yong ſprouts of Bryony, ha
handful, Boyled as Pot-Herbs,
taken,

The Juyce of the yong ſprouts of
ſame, taken in Wine, or Broth, or
Decoction of Hyſop, Origanum,
Calamint, from one dram to t
drams.

Little Cakes of Wormwood, fr
in Oyl, that is diſtilled from the ſpro
of Bryony, do the ſame.

The Root of Bryony dried,
Boyled from one dram to three dra
or thereabout, or the ſubſtance fr
one ſcruple to one dram, or the
abouts, may be taken in Wine, or Bro
being corrected with Wormwood,
ſome thing to ſtrengthen the Stomach

The pulp of the wild Gourd is ſteepe
from five to twenty grains, decoct
from ten grains or thereabouts,
twenty four grains it is corrected wi
ſome Stomach ſtrengthner, and that,

ſlipperineſs of it, can make the De-
tion ſooner as Mallows, Fenugreek,
Citron Seeds, tops of Wormwood,
Cinnamon.

To this belongs alſo ſtrong Wine, as
rmwood wine, that for one night hath
n waſted in a hollow wild-Gourd.

The gourd that is Pear-faſhion, doth
ſame, but ſome-thing weaker, and
refore the Doſe is allmoſt double.

hamelæa, eſpecialy the Leaves of it,
Boyled from half a dram to one
m: in ſubſtance they are taken from
grains to one ſcruple, it is corrected
h Wormwood, and Barley.

hymelæa doth the ſame, the ſame
y given.

aureola the Male, which *Mathiolus* cals
mædaphne, and the Fœmal, which
calls *Daphnoides*, do the ſame, but
ſo ſtrongly, it is Boyled from one
m to three drams: but given in ſub-
nce from fifteen grains to one ſcru-
, or to two ſcruples, and is corrected
ſame way.

All the Tithymals, except that
h Broad Leaves, which doth Vio-
tly Purge Watery Humors, are
given

given many wayes; the Milk of it given from five to twelve grains, t ſmal Branches and Leaves, are given ſubſtance, from half a dram to ſcruples, the Rind of the Root is giv in ſubſtance, from one ſcruple to dram, but infuſed from four ſcrupl to three drams or thereabout.

Of theſe ſundry remedies may compounded, and be uſed preſent or be reſerved for uſe. for Exampl

A Drink.

Take prepared Agarick four ſcr ples: infuſe it in three ounces of Decoction of Hyſop for ten hours, th ſtrain it, and add Oxymel one oun and an half, mingle it for a draug

Or.

Take the Roots, of Eſula prepar two drams, the Leaves of *Laureola*, b ing freſh, one ounce, Leaves of My tles, and Hyſop, of each one handf Fragrant White Wine, two pound a an half, Clarified Honey, one pound

Boyle

Boyled all at a gentle fire, to a mean Consistence: then add Annis Seed one dram, Coriander Seed prepared half a dram, Cinnamon one dram, Boyl them again to a Syrup, strain it, and keep it for use. The Dose is one ounce and an half to four ounces.

A most pleasing Pouder.

Take Hermodactills, cleansed from their outward Skin, one dram, Tartar, crude or prepared one scruple, Ginger, six grains, fine Sugar half a dram; mingle them, and make a Pouder to be given in Wine.

* *A Bolus*

Take agarick prepared two scruples, Tartar half a dram, Cinnamon five grains, the pulp of Figs, or Raysons cleansed from their stones half an ounce; mingle these for a Bolus.

* *what Bolus is, & the way of making them, you may see in my* English Dispensatory. *Or the end of my Practice of Physick, in Folio.*

Pills.

Pills.

Take Hermodactils, and Agaric prepared, of each one ſcruple and half Ginger ſix grains: make a Pouder, an with Honey, or Oxymel; form it int Pills.

When Melancholly predominates, theſe will Purge gently.

Dodder Boyled, from ſix drams one ounce and an half, for one Do and it is thus corrected with Wor wood.

Take Herb Dodder, one ounce, top of common Wormwood two Pugil or two drams, common Water ten ou ces: let al be Boyled to the conſumptio of half, add to them about the end Seeds of Annis, or Fennel, groſſely bru ſed half a dram: ſtrain it for o draught; if you Boyl under half a ounce, it opens only, but purge not.

Epithyme of *Greece*, for there grows naturally, may be uſed in ſub ſtanc

tance, to half an ounce, in clarified Whey, or Milk or some such cooler, in Decoction; from six drams to one ounce and an half; but it must be Boyled moderately. The slow purging quality it hath, is corrected with tart things, & Pepper or Ginger: In the place of it, Time may be used, which hath the same force, and must be so prepared: but in *Europe* the Black Time is most commonly used. That which is white and grows in *Syria*, is more effectual, but it is better, in the Decoction of it, to use other Melancholy Purgatives, than to use it alone, because it Purges slowly.

The Root of Polypode in substance, is given from one dram to four drams in Cock-broth, or Cream of Barley; it is Boyled from six drams to ten drams; and is corrected with such things as dissolve Windiness, and such as are a little astringent for the Stomach, as Citron Seeds, or Orange Seeds, or Corriander Seeds, or Spik of Italy.

The great and smal Leaves of Senna are used in substance, from one dram to two drams; they are infused from

two drams to ſix; but they endure no Boyling, they are corrected with ſwee Seeds, and other things that diſpe Wind. By infuſion is made Senna Wine of which half a Cup may be given obſerving the former proportion, fo a juſt Purge: But if it be only to looſe the belly, then every Doſe of Win muſt contain no more then one ounc of Senna infuſed but one night.

Theſe Purge ſtrongly.

Conſiligo of Mathiolus, which *Trag* thinks to be Black Hellebore, an *Dodonæus* thinks that it is Buphthalmus hath the ſame vertue, but ſomthin Weaker, as hath Black Hellebore o the Apothecaries, and it muſt be pre pared the ſame way.

Fœmale Sannicle of Fuchſius, the Root of it is of the ſame force, and needs the ſame preparation.

Theſe Purge Violently.

Purgative Antimony: and it is made ſo by

by being thrice Calcined with the dou-
ble weight of Salt Peeter, at a fire not
too Violent, and ſtirring the matter con-
inually with an Iron that it burn not.
t is given in ſubſtance for Children,
rom four grains to nine grains, and to
hoſe that are of ripe years, from ſix
rains to twelve grains, and to them
hat are hardly purged, from twelve
o ſixteen grains; give it in any Li-
uor, or in a ſpoonful of a Panatella
r Ptiſan, it will work the more eaſely,
f you add ſome Grains of cremor Tar-
ar.

The Root of Black Hellebore pre-
ared: there are divers preparations
f it, whereby this Medicament maybe
ade as gentle as Senna, commonly the
ind of the Root is infuſed in the ſtron-
eſt Vineger, and then is dried in the
hade for uſe. It is given in ſubſtance
rom one ſcruple to about two ſcruples;
n Decoction from one dram to about
wo drams; in infuſion from half a
ram to four ſcruples; it is corrected
with ſweet Seeds, chiefly of Daucus and
Nymphya which are the proper cor-
ecters of it.

If you would make it to Purge gen
ly, and would use it instead of gen
Purgatives, before you dry it for yo
use, let it Boyl a while in Vineg
for so it loseth much of the force,
when it is Boyled, or infused, as th
ordinarily prepare it, do but cast aw
the first Decoction or Infusion, a
Pour on new Liquor to the same Ro
for the second Infusion, or Decocti
to be administred.

Moreover, of Hellebore they prep
a double extract, one more effect
then the other.

First, Take Roots of Black helleb
washt in white Wine, and cleans
from their filth, one pound: slice the
and infuse them twenty four hours
four pound of the best white Win
adding to it, Flowers of the Wat
Lillies one handful, Daucus Seed tw
drams, or the Root of Daucus, hal
an ounce, about the end, boyl the
gently, that the Roots may grow soft
and swel; then press them in a pres
let the Juyce be strained, and purified
and thickned, sensibly, by a gen
tle heate; and when it is as thick as
Honey

ney, add a fourth part of Maſtick; e doſe is from half a ſcruple to one uple; in Pills or Bolus.

The ſecond is the more ordinary.

Take Roots of black Hellebore, be ey green or dry, ſo much as you eaſe, boyl them in eight times ſo ch water, til a third part remains, en cruſh out the Roots moſt forcibly: d the Expreſſion to the Decoction, d preſſing both of them through a uble ſtrayner, thicken them toge- r to the conſiſtence of Honey; ad- g an eight part of Maſtick: when e Juyce is thick, you may give it m ſixteen grains to half a dram: in ls or Bolus.

Alſo, of Hellebore is made a purg- g Apple, if the ſmal Roots preſerved, d dried, be ſtuck into an Apple, d that Apple be roaſted, then pul out e roots and let the Patient eat the pple: or if the roots ly in the Apple, r the ſpace of a Natural day being ck in, then caſt away the roots and t the Apple raw.

Laſtly, of Hellebore is made an Oxi- el, or any purging ſyrup, if the roots

be boyled in it, but they endure gre
boyling: there is almoſt the ſame pur
ing faculty in black Hellebore you bu
in the ſhops, which *Mathiolus* cal
black Hellebore with a blew flower, an
black Hellebore that hath a greeni
flower, which *Mathiolus* calls baſta
black Hellebore; but the firſt purge
with leſs trouble then the latte
which therefore wants the better pr
paration, and muſt be given in le
quantity.

Of the foreſaid things, may be pr
pared a Syrup moſt profitable and ple
ſant for poor people, to be kept
Purge the Melancholy Humors; thu

Take Roots of Black Hellebore pre
pared three ounces, Borrage, Bugloſ
Fumitory and Dodder, of each on
handful, Pome Citrons cut into piece
half a pound, Fountain Water fiv
pound; let them boyl at a gentle fir
to the waſting of three pound, the
caſt away the Herbs; add Juyce o
ſweet Apples half a pound; Boyle them
again til half be conſumed: then preſ
all forth ſtrongly, ſtrain them and cla
rify them; add purified Honey one
pound,

pound, Boyl all to the consistence of a Syrup; the Dose is one or two ounces.

But, presently such Medicaments may be made, as for Example, a drink.

Take Leaves of Senna three drams, Seeds of Fennel or Annis one dram; infuse them twelve hours in the Decoction of hops, four ounces, or the Decoction of Raysons, and make it Boyl once, and then strain it; add * Oxymel Simplex (namely to open the passages and to scour thick Humors) one ounce, mingle them, make a Potion.

* *what* Oxymel Simplex *is, and how made with the vertues thereof, you may see in my Translation of the* London Dispensatory, *of the last Edition.*

A Bolus may be made presently thus, Take Leaves of Senna in pouder one dram, Tartar, Annis Seed or Cinnamon, of each one scruple; the pulp of Raisons purged from their Stones half an ounce; mingle them and make a Bolus.

Pills may be made thus.

Take Leaves of Senna two scruples, Root of Black Hellebore half a scruple, Seeds of Daucus and Cinnamon of each six grains; pouder them and with Oxymel make Pills.

Such a pouder may be made.

Take of Purging Antimony eight grains, Cream of Tartar one scruple, Cinnamon and Sugar of each half a scruple; mingle them, make a pouder to be given in Wine or Broth. Or,

Take Leaves of Senna one dram, Tartar and fine Sugar and Cinnamon each one scruple; mingle them, and make a pouder for one.

When Watery Humors prevail, these will Purge gently:

The Root of the white Thistle beaten to Pouder, is taken from one dram in Wormwood Wine, or Oxymel; or in Decoction from two drams to half an ounce, it is corrected with sweet Seeds or Wormwood.

The Root of the wonderful Herb of *Spain* that carryes a diverse coloured flower is taken any way to two drams.

Wild Mercury in a Decoction one handful and an half, or Boyled as Pot Herbs, and seasoned with Oyl and Salt and eaten.

Garden

Garden flowerdeluce, that bears a ew flower, the Juyce of the Root ewly preſſed forth, and purefied om two ounces to three ounces, or ickned from two drams to half an nce, chiefly in Wormwood Wine.

The Root of *Anthora* Scraped, from e ſcruple to two ſcruples, taken in ine or Broth: it needs no corrector.

The Root of wild Cucumber dried, ven in ſubſtance from fifteen grains about half a dram, it is infuſed, beaten groſly from two ſcruples to about e ſcruples, it is Boyled from two ams to half an ounce:

It is corrected with things that help e ſtomach. But the beſt way to give is to infuſe it a night in Wormwood ine.

Four Sprouts of Dwarf-elder, that ave four Leaves, Boyled in Wine or roth, and eaten as Pot Herbs.

The Root of the ſame ſteeped in ine, from two drams to three drams.

The Juyce of the flowers and fruit of e ſame is given from five drams to ne ounce, in ſtrong Wine or Broth orrected with Wormwood.

The

The pouder of the Seed of the fa
is given from half a dram to about o
dram in the ſame Liquor.

The Juyce of the ſame thickn
with Honey, to the conſiſtence o
Syrup; is given from half an ounce
one ounce, either alone, or in wine
Broth.

The Elder Tree doth the ſame, p
pared the ſame way, only there i
greater purging Quality in the Ri
of the Root then in other Parts.

The Juyce of the wild Lettice, fr
three drams to about ſix drams, wi
Honey or Oxymel or ſweet Wine, co
rected with wormwood.

The Huſked Seed of the comm
Ricinus, the * Emulſion of it, is give
from one dram to three drams wit
wine or fat Broth, corrected with ſom
Spice; or infuſed, or lightly bruiſed
from three drams to ſix drams.

* *What Emulſions are, ſee my Tranſlation of* Riverius *in the Phyſical Dictionary at the end thereof.*

Soldanella or Sea Coal is given i
Decoction of fat Broth, from one hand
ful to two handfuls, alſo the yon
ſhoots are eaten, as *Pliny* ſaith, or th
yong Tendrels, Boyled like Pot-Herb
They are corrected with ſtomack Cor
roboratiues.

Ou

Out of this plant may be made a plain extract to be kept for use, and it is very pleasant, if the Juyce of the Leaves be pressed out, Clarified, and thickned, and be made into Pills with a fourth part of Mace and Mastick, or if it be made thick with a fourth part of Honey, and an eight part of the Juyce of wormwood, the Dose will be from one dram, to two drams or thereabouts.

The Root of the white Vine which *Mathiolus* makes to be the third Kind of *Clematitis*, Boyled from about half an ounce in wine mingled with Equal quantity of water: it is corrected with temperate Stomachicall things; namely with Coriander Seed or Myrtils. These Purge Vehemently.

Ricinus of *America*, it is taken from half a grain to a whole grain, or the Seed is steeped all night in wine; or else drink the emulsion of the Seed in Broth.

Granum Dende of *Avicennæ*, which Mountebanks sel up and down for the Seed of *Ricinus* of *America*, doth the same effect, as *Ricinus* of *America* doth.

The Seeds of *Cataputia*, if they be great

great are given from ſeven to ten, but if ſmal, from eight to fifteen. Or elſe made into Pills or Bolus with Figs, or taken in Emulſion, with Hydromel; they are very troubleſome to the Stomach, therefore you muſt drink after them, Broth altered with Wormwood, and Seeds of Citrons or Orenges.

Tithymal with broad Leaves, given according to all the parts of it, in the quantity, and manner aforeſaid concerning the other Tithymals that Violently Purge fleam.

Of the foreſaid may be prepared a pleaſant and profitable Syrup, to be kept for uſe. As,

Take the Roots of ordinary Flower-de-luce freſh, ſix ounces, wild Cucumber dried in the ſhade, two ounces, Roman wormwood and Origanum, of each one handful, pleaſant white Wine two pound and an half: make infuſion for five hours, then Boyl them at a gentle fire to the Conſumption of a third part, ſtrain it; then add clarified Honey one pound, Boyl all again to the conſiſtence of a thin Syrup, add about the end, Cinnamon or Annis Seed two drams.

The

The Dose of this Syrup will be from one ounce to two ounces at the most. Presently compositions may be made thus;

For a Potion.

Take the Roots of wild Cucumber grossly bruised one dram, tops of Roman wormwood one handful, Seeds of Annis, Fennel or Cinnamon one scruple, the best Wine three ounces, infuse them all night, in the morning, strain them; to the straind Liquor add Oxymel Simple one ounce; mingle them for a drink. You may Leave out Oxymel if you please.

For a Bolus.

Take the Juyce of Flower-de-luce thickned three drams; the tops of wormwood in Pouder half a dram, Annis Seed half a scruple, Figs half an ounce, mingle them for a Bolus.

Pills.

Take Seeds of dwarfe Elder two scruples, or the Roots of wild Cucumber one scruple, Cinnamon half a scruple, Pouder them, and make Pills of them with Juyce of wormwood what may Suffice.

Purging

Purging Clyſters.

Purgatives that are given in Clyſte
are uſed for a two-fold end, namel
either to ſtirr up the Faculty Expulſi
that is very dul, as is uſed to be do
in * Sleepy Diſeaſes; as the Palſey a
Dotings, and they are therefore call
Tart Clyſters; or elſe to draw t
Excrements from the remote pa
that are ordained for Evacuation or
revulſion ſake They are prepared t
ſame way and in the ſame quantity
we ſayd already of lenitive Clyſte
adding only to the Decoction for
common Clyſter ſome purging Herb
as centaury the leſs, or Gratiola in
Cholerick cauſe; the ſprouts of wil
Saffron, broom Leaves, the pulp o
Coloquintida bound up in a wid
Cloth, the Roots of Eſula, or ſo
Bread in a Flegmatick Cauſe, th
Roots of Black Hellebore in caſe o
Melancholy; the Leaves of Dwarf-El
der, or the Elder Tree in a water
Cauſe;

* *the Sleepy Diſeaſes are moſt excellently treated on in* Riverius *Practice of Phyſick in Engliſh,*

auſe; but that they may Purge, and pply the place of a Medicament to be ken at the Mouth, they muſt not be ſt in beyond the quantity of eight nces; namely the ſame quantity at may be alſo taken at the Mouth, d a Clyſter to Purge the Entralls, uſt go before, for ſo a Purgative Cly- r may be held in many Hours, and is fitly actuated by the Heat of the teſtines. But the quantity of Medi- ments to be taken at the Mouth, muſt doubled in Clyſters; becauſe they e not ſo eaſely brought to action by e Inteſtines, as they are by the Sto- ach. As for Example, to pul back and Purge Flegm, ſuch a Clyſter may be ade.

Take Leaves of Mallows, Beets, Ori- num, Chamomel of each half an ndful, pulp of Coloquintida bound a Skin half a dram, Seeds of Car- amus two drams, Fountain water one ound, Boyl them to the Conſump- on of half, to the ſtraind Liquor add the dregs of Sugar or Honey two or ree ounces; make a Clyſter.

Sharp

Sharp Suppositories.

Purging Suppositories, seem to hav
no purgative power of themselves, tha
is, to have no drawing quality to fetc
the Humors from the remote parts t
the Intestines, but only to stir up th
Belly, when it is slow to expulsion
by which stirring up, sometimes by ac
cident it fals out as it doth in purgat
ves; that the excrements that ly in th
Veins, and distant Parts, are thrust ou
by the Belly, but not by the Medicamen
drawing them, but only by the Expul
sive Faculty awakened: Whereupo
sometimes sharp Clysters supply th
room of a Purgative Medicine, an
are more safely given to any that ar
weak, then Clysters are.

Sharp Suppositories are made of Hone
or the reliques of Sugar boyled hard
adding for every ounce of them from
one grain to ten grains of Coloquintida
Scammony, or of both Hellebors, or o
the Milk of Tithymals, or Esula, and
some

ome Sharp Salt, as Salt Armoniack or alt Nitre, for Suppositories.

For Vomiting Medicaments.

There are two sorts of these also, for ome only Purge the Stomach, being oid of all attractive vertue, and these elong to the Rank of gentle Medicaents; others again evacuate the superfluities they draw to the Stomach, nd are Purgatives. The former, of emselves hardly provoke one to Vomit, unless they offend some Stomach at nauseats them very much, but ey need some outward help to stirr em, as by putting the Finger or a eather into the Throat; but the latr provok Vomit without any outard help.

These move Vomit gently.

In a hot cause: Warm Water or Bar-

ley water, fat Broth, water and O
they are all given luke-warm, from o
pound to two pounds, to those that a
of ripe years, but to Children, fr
eight ounces to one pound.

In a cold cause, that is thin: the D
coction of Citron Seeds or Orange See
in Broth, to one pound with two ou
ces of Oxymel.

The luke warm Decoction of b
Leaves, to one pound.

The Root of Daffodil Boyled a
eaten, or the Decoction of it drunk
the quantity aforesaid:

The Pouder of the Root of betton
from one dram to three drams w
Broth and Oxymel.

The Pouder of the Pompion Ro
from one scruple in the same Liquor

The Decoction of Snails in hedges,
water or Broth.

In a cold cause and thick:- the Juy
of Radish from one ounce to t
ounces with Broth and Oxymel.

Nitre from one scruple to one dra
with Metheglin or fat Broth.

Broth taken with Oxymel or Hone
with which mingle one scruple of Gi
ger, Hyssop or Pepper.

Purgi

Purging Vomits.

All those things that Purge by Vomit, do also move the Belly, and therefore they are then to be Chosen, when Nature is more enclined to Purge upwards; they may be brought to three ranks, as they were that Purge the Belly. Some are gentle, that draw only from the Parts that lie round about the Stomach, and with smal trouble move the Stomach, others are strong, and draw more effectually from the Remoter Parts, and trouble the Stomach something more. Some are violent, which draw vehemently, and evacuate matter that is very thick, or such as is contained in the remotest Parts, and cause Vomit with great sorting of the Stomach.

When Choller predominates, these are gentle: The Yellow rind of the Black Alder, when it is fresh, Boyled in water or in Broth from two drams to four drams.

The Seed of Garden Creſſes Pouder
ed, drank in water from three dram
to ſix drams.

Mountain dwarf-Cherry, of *Geſne*
which *Tragus* makes to be Sea-Purſlai
ſwallowed down from five to eigh
Cherries, eſpecially in water or wan
Broth drank after them

The Root of Aſarum draweth a
moſt equally, Choller and Flegm;
is infuſed from two drams to fiv
drams: the ſubſtance in Pouder is give
from one dram to two drams.

Theſe are ſtrong. The Juyce of th
Root of *Mandragora* from half a ſcrup
to a whol ſcruple in Honey Wine; an
we muſt uſe it warily, for it is not with
out danger.

Where Flegm predominates, the
Vomit gently: Agarick unprepare
from two ſcruples to two drams in fa
Broth or Oxymel.

The Seed of Baſtard Senna wit
Bladders, is given in ſubſtance fro
one dram, to two drams, and is infuſe
from two drams to half an ounce; it i
corrected with ſpiced Wine.

The Seed of Baſtard Senna with Scor
pion

ion Cods doth the ſame.

The flowers of Garden Broom, and he green branches ſteeped, or Boyled; om two drams to half an ounce in roth..

The Seed of Spargula poudered, from wo drams to four drams, in ſweet Vine or Broth with Oxymel.

Theſe do ſtrongly Void Flegm that is pre-minant.

The Seeds of Staves-acre, about one ram & an half in Pouder, with plenty ſweet wine: you muſt drink fat Broth on it, until you fal to Vomiting, leaſt it ſtay too long, the Stomach ſhould inflamed.

The freſh Leaves of any of the Tithy-als Boyled, with ſweet Wine, from e dram and an half to four drams.

The Juyce of the Leaves of Tobacco om one dram to two drams in Broth, at is altered with the Seeds of Citrons Oranges.

White Vitriol from half a dram to e dram in Broth.

Theſe Void Flegm Violently.

The Seed of the Peaſcod-Tree pou-ered, from half a dram to one dram;

the rind of the ſame dried, and pou
dered doth the ſame, but ſomthin
more weakly.

Thoſe Medicaments that are com
pounded of theſe, are almoſt of th
ſame Kind, as for Example.

For Choller:

Take Barley Water one pound, O
of Olives that were ſufficiently rip
two ounces, Root of Aſarum in pow
der one ounce; mingle them for a drink

For Flegm.

Take Broth that is altered with th
Seed of Citrons or Oranges one pound
Oxymel two ounces, Juyce of Radi
one ounce, crude Agarick two ſcruple
mingle them for a drink.

If you pleaſe to make a ſyrup for
Vomit, it may be as this.

Take the green branches of Garde
broom one ounce and an half; ba
Leaves & Tobacco Leaves of each on
handful, Seeds of Citrons or Orange
Groſely poudred two drams, Commo
Water two pounds, let them Boyl un
til half be conſumed; ſtrain them. I
the ſtrained Liquor, infuſe for twelv
hours, of the Roots of Aſarum and ra

Agarick

Agarick, of each three drams, strain them again, and clarifie it, and add to it of clarified Honey one pound, Boyl all at a gentle fire to the consistence of a Syrup; the Dose of it, is from half an ounce to one ounce in Broth and warm water.

Of the same kind is this Electuary, which is very effectual.

Take the Roots of Asarum, and crude Agarick of each half an ounce, Roots of Betony and Pompions of each two drams, Cinnamon one dram, Annis Seed half a dram, Pouder them to very fine Pouder, and mix them with Honey clarified four ounces, and make an Electuary, the Dose of it is from nine drams to almost twelve drams, in any Liquor that is pleasant.

For Melancholy and black Choller that are predominant. None but strong and Violent Medicaments are convenient; because the Humor being of its own nature the most heavy, is something more hard to draw upwards than other Humors.

These cause Vomit strongly: prepared Antimony, the Flower, the Calx and

the Glaſs of Antimony are eaſily pre-
pared: but the Tincture is ſomthin
more difficult, and ſo is the Oyl, whic
being precipitated into cold water pa
ſes into white Pouder, not unlike t
Flower. All theſe are given in ſub
ſtance from three grains to ſix grains, i
a Panatella, or Ptiſan, or ſome Stomach
Conſerve, or Aromatick Wine, cor
rected with wormwood, Roſemary,
and other a little aſtringent Stomach-
remedies, they are ſteeped from four
grains to ten grains, chiefly in ſtrong
Wine, or wormwood Wine. Of this is
made a moſt pleaſing Syrup, Evacuating
moſt eaſily both upwards and down-
wards, beyond all other Antimonial
Medicaments thus,

Take the Flowers or the Glaſs of An-
timony, one dram and an half, the beſt
white Wine one pound, infuſe it for
two days, natural: ſtrain it, and add to
it, Honey clarified ten ounces; Boyl
them to a Syrup. The Doſe is half an
ounce to one ounce and an half or
thereabout, taken by it ſelf, or in ſome
pleaſant drink.

Theſe work Violently: the prepar-
ed

ed Root of white Hellebore, or the ith pulled out, and the Root ſteeped n Roſe Vineger one day, and dryed gain in the ſhade for uſe: in the place f Roſe Vineger, take Vineger of Quince which is better, or ſome other, hat is altered with ſomething that is a ittle aſtringent, and cooling for the Stomach, it is given from half a ſcruple to one ſcruple; not in ſubſtance, leaſt the Mouth of the Stomach ſhould ſuffer Convulſion, but, in infuſion, which is done two wayes: the firſt is the way of the Antients, who did ſtick the ſmal Roots of Hellebore into a Radiſh for one night, the next day they cruſhed out the Juyce of the Radiſh, and gave one ounce of the Juyce in Ptiſan, or a thin Panatella may be uſed in the place of it, for to moiſten the Mouth of the Stomach, that it fal not into Convulſions.

The ſecond is better and more pleaſant than the firſt. As take half a ſcruple of the Root; ſtick it into a piece of a Quince, and Boyl it in the ſame, then take out the Roots, and give that for a Bolus to eat; or the Juyce preſſed out

of

of the Quince may be put into Wi
or fat Broth, altered with the Seeds
Citrons, and ſo drink it. White H
lebore is made far more gentle, if
Root with the pith pulled out, a
due infuſion be Boyled in Vineger,
be then dried and kept for uſe.

Where watery Humors are predo
nant; theſe are accounted gentle:
Juyce of the Root of Dwarf El
from one dram and an half to th
drams in fat Broth, altered with top
Wormwood.

The Juyce of the Root of the El
Tree doth the ſame, taken in the ſa
Doſe

The Berries of Water-Elder taken
two drams, drink fat Broth after the
as we taught before.

Strong Vomiting Medicaments, t
Leaves of Spurge pulled upwards, a
given in the ſame Broth from one dra
to one dram and an half.

Stronger.

Elaterium, by reaſon of the bitte
neſs, taken in Pills or Bolus. It is co
monly mixed with ſome Aromatic
Pills, it may be mixed with the pu

f a Fig with a little Wormwood, hich is done by expreſſion.

The fruit of wild Cucumber, is given rom three grains to ten grains, but that hich drops out of the fruit only prick- d is given from two grains to ſix.

Medicaments, that Evacuate by Urin, y which not only the ways of the reins nd the Bladder, but alſo the whole ody is purged, by the help of the eins and Arteries. They are made f Diuretick Medicaments, whereof ome are properly ſo, hot and dry, and harp and of thin Parts; others impro- erly ſo, that have but remiſs heat, or enclining alſo to cold, but yet are of hin parts, which are to be uſed cheifly n Feavers, or when the Reins or Liver are over heat; unleſs perhaps there be preſent, ſome corrupt Venemous matter in the veins that requires ſpeedy Evacuations, which is better and ſooner performed with proper and hot Diure- ticks, the cheif and the moſt Obvious in both kinds are theſe.

Proper * *Diureticks*; Aſparagus, prin- cipally the Root, Smallage Seed, or the common Seſely, the Root and the Seed

* *what* Di- ureticks *are, ſee my Tranſlation of* Rive- rius *and the Dictionary at the end thereof.*

Seed of Carduus, the Root of Cucumbers and the Seed, common Seed, the Roots of al ſorts of Eringos, the Roots and Seeds of Fennel, the Seeds of both Rochets, the Leaves and berries of the Bay Tree, alſo the Roots and the Rind wild Mints, Turnep Seed, the Root of Prickly, Reſt-Harrow, Penniroyal, all the parts of common Parſley, the Roots of both kinds of Radiſh, Madder Roots, the yong ſprouts of Kneeholme, the Tendrells, and the Roots, Savory, wild Time; the Seeds are given in Pouder, from half a dram to one dram, (the ſame muſt be underſtood of Medicaments that are Diuretick improperly) ſome are Boyled in Wine or Water, but beſt of all in Broth of Chich Peaſe: yet the pouder of the Roots is given alſo, eſpecially of thoſe that are of a woody ſubſtance, as of Reſt-Harrow, and the Bay Tree. Of theſe, ſome may be Compounded preſently.

This Pouder is moſt effectual.

Take the Roots of Reſt-Harrow two drams, the Seeds of Rochet and Bay Berries of each one dram, Cinnamon half

alf a dram, mingle them, make a ouder: give one dram in Wine or arm Broth of Chich Peaſe.

It is more pleaſant, if it be infuſed l night: then give it one Boyl, and rain it, caſt away the Dregs, and then rink it. It will be made a more ffectual remedy yet, if you put in ſome rops of the Liquor which comes from alt put into a hole in a Radiſh, kept in moiſt place til it melt.

To Anoint the Privities, ſuch an yl is made preſently, which help the oiding of the Urin.

Take Bay Leaves, Horſ-Mints, wild ime, Pennyroyal of each one handful, hamomel one handful and an half, adiſh Roots half an ounce, Cummin eed two drams, common Oyl one ound and an half, white Wine one ound, make an infuſion for four hours; hen Boyl all til the moiſture be con-umed, and then preſs all out, and train it again.

A Plaiſter alſo may be made of a adiſh cut, and Boyled with Leaves f Parſley and Smallage and Penny-oyal, then bruiſe them all and lay them

them to the Privities.

Improper Diureticks; Seeds Gourds, Cucumbers, Citruls, and Melones (make Emulsions of them,) Mallows, Gromwel Seed, *Alkekeng* Kernels of Cherries, Stones of Medlers Shels of Filbird Nuts, the Juyce ripe Lemmons, the Leaves and stalks Straw-Berries, Maiden Hair, the Root of both kinds of Brambles, of Grass especially Reed Grass, of Liquoris Cinkfoyl, and Radish the Rind peeled off, also the Broth of red Chich Peas is profitably administred, with a fourth part of Juyce of Lemmons, this drink held for a secret.

Take the Juyce of Pellitory of the Wall three ounces, the Broth of Chich Pease four ounces; mingle them for to drink.

This also is supposed to be of the same kind.

Take Liquoris half an ounce, common Water half a pound; Boyl them at a gentle fire til half be consumed; strain it and add to it Juyce of Lemmons one ounce; mingle them.

Also for a speedy remedy may be given

ven with great profit, two ounces of e Juyce of Radish in strong Wine that hot.

Outwardly may be laid a common nd excellent Plaister of the Leaves of ellitory either alone, or pounded ith a Radish, and so fried in a frying an with Butter and Oyl, and laid hot o the Privities, if you can get Oyl of ill or Camomel it is better than comon Oyl.

Medicaments that Evacuate by sweat.

These also are of two sorts: some re properly to cause sweat, which Melt the matter and turn it into Vapours; others are improperly so, which make the matter easily convertible, and so by accident cause sweat, and these are very convenient for the smal Pox at the beginning, and for hot affects of the Skin, and hot Feavers when the motion of Nature is outwardly inclined toward the Skin

Proper for sweat, are the Decoction of

of Garlick, of Box Wood (with whi
the French Pox is as easily cured
with Guaiacum,) of Germander, gre
Celondine, Carduus Benedictus, Ju
per Wood, and Bays, and of swe
Chervil: they are given from fo
ounces to eight ounces or thereabou
and they are made more effectual b
ing Boyled in Water and Honey a
white Wine.

The same Decoction purified a
thickned with a gentle heat affo
plain extracts; that may be given to o
dram or thereabout, or else mingled wi
good Wine, or the Decoction of so
improper sweating Medicaments,
made into Bolus, or Pills, and to dri
after them three ounces or the
abouts, of the Decoction. For exampl

In the Diseases of the nerves a
Joynts from a cold Defluxion; mak
such a Decoction.

Take Wood of the Bay-Tree, an
Box Tree of each one ounce and a
half, cut them smal and infuse the
one day in five pound of commo
water, add Leaves of Betony, Ge
mander and Ivy of each one handful
le

them Boyl at a gentle fire til a third rt be consumed; strain it to be drank five Times.

Improper Medicaments to move eat. The Decoction of Camomel, ervil, Fumitory, unhulled Barley, llet, Lintils lightly Boyled, Roots Hops, Cynkfoil, Tormentil, Leaves common Pimpernel, Scabious, and inter Gelliflowers.

Of these is made a common Syrup, lled the Syrup of St. Ambrose, of one rt Wine, and two parts of the De- tion of Millet.

Other Medicaments may be sud- nly made, as for example; in a Cuta- ous effect, make such a Decoction.

Take the Leaves of Scabious and nitory dry, of each one handful, ots of Hops half an ounce, Barley ater one pound and an half, Boyl all a gentle fire to the Consumption of most the half, and strain it out for one ught.

When the smal Pox appear:

Take Leaves of Pimpernel one hand-, Scabious half a handful, of the first coction of Lintels one pound, Boyl,

them til a third part be consume
strain it out, to drink at one draught

The Decoctions of these are given
greater quantity, than are the Dec
ctions of those that are properly
cause sweat. Namely from about eig
ounces to two pound.

And you must know that sweat c
hardly be procured by the help of the
Medicaments, unless the force of the
be derived outwardly to the Skin
attracting Medicaments; by the be
fit whereof, the pores of the Skin a
are loosned and prepared for swea
therefore about an hour and an h
after the taking of a potion to swe
the Body must either be put into a d
Bath, or some hot natural or artifici
Bath; or elſ must be wel covered wi
Garments; or elſ hot Tiles must
applyed to him, or vessels ful of h
Water; or the Skin must be gent
rubbed, or Cupping Glasses witho
Scarification must be applied on dive
Parts, as necessity shall most require.

Medicame

Medicaments that Evacuate by Spittle.

Those things that unloose the Stuffing from the ways of breathing, are called, from their office, *Expectorating Medicaments*, all which may be comprehended under a tripple difference, for some are convenient for thick spittle, namely inciſers and scowrers; others are for thin and unsavory spittle, as dryers, and a little thickning; others again are to temper Salt spittle, and to hinder the corroding of it.

Therefore when the spittle is Moderately thick, a * Lohock is needful of water and Honey, or Oxymel, crude Honey, a Decoction of Figs, Liquoris, sweet Cods, Raysins; adding a quantity of Colts-Foot, Lungwort or Scabious; for the Pouders of these Herbs may be mixed with the Oxymel, to the consistence of a Lohoch, or a Soft Electuary, in which form the pouder of Iris, is used to good profit, mixt with Oxymel.

* *What a* Lohoch *is, see the end of* Riverius *Practice of Physick in English. And the* Dispensatory *in English.*

For Spittle that is very thick, the
are proper: the Decoction of Oak
Jeruſalem, Elecampane, Hatchet-Fe
Hyſop, Horehound, Savory, Time, lo
Ariſtolochia, the Pouders of theſe a
mixed profitably with Oxymel for
Lohoch, or they are mingled with H
ney in form of an Electuary. Or;

There is Compounded a ſweet dri
with Oxymel, and the Decoction
the ſaid Herbs, as alſo by the infuſi
of them, Hyſop Wine is wont to
made, and Wine of Elecampane; whi
the Antients uſed Ordinarily.

The common people uſe to make
profitable Electuary of the Roots
Elecampane Boyled in Water, (it we
better to take Metheglin or ſwe
Wine) and paſſed through a Hair ſiev
and then mingled with twice as muc
of clarified Honey, and Sod to a ju
conſiſtence.

Beſides theſe, the Pouder of Brim
ſtone doth profit well, or the Flowe
mixt and taken with a rear Egg. Th
Seed of Nettles mixed in Lohochs, o
Aqua-vitæ with a third part of Sugar
made into a confection, or mixt wit
Oxymel

Oxymel. So the Pouder of the Lungs of a Fox taken from half a dram to one dram in Wine or Metheglin, to be drunk, or mixed for a Lohoch.

Saffron drank in Wine from half a ſcruple to a whole ſcruple.

Sows Lice waſhed in Wine, and infuſed to one dram al night in white Wine; then preſſed forth and drank, the dregs being caſt away.

The Rozin of the Larch or Firr Tree, licked or ſwallowed down in Bolus: for a licking Medicament it muſt be diſſolved in clarified Honey, for it will mingle very well with Honey.

A moſt excellent Balſom may be made for this purpoſe.

Take Oyl of ripe Olives (for the which take Oyl of ſweet Almonds) that is not rank, half a pound, ſweet white Wine four ounces, let them Boyl til the moiſture be conſumed: then add Flower of Brimſtone three ounces, ſtirr them continually and very Softly at a gentle fire; and when the Flowers are diſſolved; add Rozin of the Larch Tree or the Firr Tree, or if it can be

had, the Gum of the Firr Tree tw
ounces and an half, mingle them t
perfection. It may be put into L
hochs, or taken inwardly with th
foreſaid Decoctions or with whi
Wine.

But that the ſpittle may come fort
the more eaſily, leaſt the Humor th
is thick, ſhould grow dry with the u
of theſe things, it is beſt alwaies to ad
ſome Emollients and looſners, ſuch a
are for Lambitives and internall uſe
the Root of Liquoris, the pulp
Rayſons, Roots of Mallows and Mar
Mallows.

It is good to Anoint the Stomac
outwardly with Butter, chiefly th
which is rank; either alone or mingle
with the Mucilage of Mallows an
Marſh Mallows.

An Application of a Colewort Lea
well anoynted with Butter, an
ſprinkled with Pouder of Cummi
Seed, and ſo laid hot to the breſt i
much ſpoken of.

When the ſpittle is thin and unſavo-
ry: the Decoction of round Ariſtolo-
chia, Iuiubes, wild Plumbs, Golden

Rod,

od, Penniwort, Veronica, the Juyce f ſomewhat ſowre Pomegranats, ei-ther by it ſelf, or with a little Honey.

All ſorts of licking Medicaments ade of white ſtarch, Gum Arabick, ragant, all Phyſical earth, with Ho-ey or Oxymel, mixing a quantity of rimſtone or Mirrh, or round Ariſtolo-hia, or the Cream of Ptiſan with ſome white Starch.

For Salt ſpittle, the Decoction of Barley, Iuiubes, Liquoris, Rayſons ſweet Prunes, are convenient, and chiefly in the Decoction of the Feet and Head of a Calf, Kid or Lamb, alſo of Snails, and Snails of the woods.

Emulſons of ſweet Almonds, and of the four leſſer cold Seeds chiefly adding the Flower of ſtarch: the Cream of Ptiſan, or a Panatella with the ſame Emulſions, adding alſo the Emulſion of white Poppy Seed, when the Saltnes is urgent: the Juyce of ſweet Prunes licked up.

Freſh Butter licked, as alſo added to the Meat we eat, and Anointed on the Stomach outwardly.

If you pleaſe to make a Syrup for this uſe.

Take the Juyce of ſweet Prunes, th
Juyce or Decoction of Purſlain, of eac
half a pound: Clarifie them, and ad
to them ten ounces of purified Honey
Let them boyl to the conſiſtence of
Syrup. The uſe of it, is for a Lohoch
and for Syrups.

Medecines that evacuate by the Pallat.

* *Any that deſire to know exactly the Diſeaſes of the Head, and the cures thereof, let them read Riverius Practice of Phyſick, by me tranſlated into Engliſh.*

The * Head is purged three waies: By the Mouth, by the means of the Channels of the Pallat, namely, by Maſticatories, Gargariſms, and Anointings of the Pallate.

For a Maſticatory in a hot cauſe, a Paper is good, eſpecially a brown Paper, Figs, bitter Almonds, or Peach Kernels, Raiſons, a whol piece of a Pome-Citron, the peel of an Orange.

In a cold Cauſe, are good, the Roots of Cyprus, Acorus, both Angelica's, Garden Setwal, Maſter-wort, Seeds of Fennel, Annis, Seſeli, *Silex montanum*, Grains of Juniper, Bay-berries, and the tender Leaves.

Theſe

These are more violent, and are fit for extream coldness; the Leaves of Sciatica Cresses, Water Pepper of Horse-Rhadish, Garden Cresses, Savory, Mountain Hysop, wild Penyroyal, wild Rue, Root of Pellitory, Country Mustard seed, Mustard seed, Staves-acre; which, that they may the more easily be chewed by the Teeth, they must be mingled with a little yellow Wax, and so made into little Bals or Morsels.

For a * Gargarism, which is proper only in a cold cause, are convenient, the Decoctions of Calaminth, Germander, Hysop, Bay Leaves, Lavender the greater, Penyroyal, wild Time, Italian Spike, which are partly gargarised, and somtimes held hot in the mouth.

The most violent Gargarisms are made of the Decoction of Herbs, that were set down for the strongest Masticatories, and chiefly, if we put some *Aqua vitæ* in, or some of the Confection *Diasinapi*, which the Italians cal *Mostarda*.

For to anoint the Pallate, which Remedies have place also alone, in a cold cause; the said Decoctions are useful, with

* *Those that desire to know more fully what they are, and their use, let them read* Riverius *Practice of Physick, and the Physical Dictionary at the end thereof.*

with honey thickened to the consistenc of a Syrup.

Moreover, *Aqua vitæ*, or commo *Mostard*, or some soft Electuary mad of the foresaid things.

As for Example,

Take *Bay-berries, and Juniper, of ea two ounces: Mustard seed, and Leaves Savory, of each one handful: Seeds of Anni and Fennel, of each one dram: Roots of Ac rus, and Master-wort, of each two dram pounded and siefted: Mingle all with tw pound of clarified Honey. Make an Electuary*

Medicaments that evacuate by the Nostrils.

Of things that purge the Head by the Nostrils, some of them by their acrimony cause one to sneeze; and these are very fit for a very thick Humor that is pact close in, and where the Expulsive Faculty is dull. Some again provoke the Humor without sneezing; amongst which, some may be safely used, even when the Head enclineth to heat; others belong only to a cold humor, and head.

The

The Pouders of all the propounded Remedies for ſtrong Maſticatories, if they be blown in, or ſnuffed up into the Noſtrils, they cauſe one to ſneeze.

The Decoction of Gith, or black Hellebore, the Juyce alſo of the Root of Sowbread, Briony, and Elaterium, diſſolved in other liquid Naſals. The ſame is performed, but ſomthing more gently, by the Root of Sowbread cut like a Tent, and put into the Noſtrils; and the Shel of an Orange candied.

Alſo without ſneezing, the head that is over hot, may be evacuated with the Decoction, or Juyce of Mallows, or Blites, eſpecially the white Blites; Leaves of Betony, or Coleworts, and Barley, Roots of Beets put into the Noſtrils, eſpecially if it be wet in warm Water; alſo anointing the Noſtrils with freſh Butter.

In a cold Cauſe, Decoctions are good, or the Juyce of Pimpernel, Bettony, Roots of white Beets, the great Celondine, Ivy of the wal, Garden Hyſop, Root of Flower-de-luce that is green, Marjoram, Sage, Tobacco.

The Indians alſo uſe to make Tents

of

of a round fashion, of the Roots of Sowbread, or Flower-de-luce, and anoint them with Butter or Oyl, and put them up into their Nostrils, or else to steep them in water, when they will not use them for sneezing.

Moreover, The Fume of the said Herbs, when they are dry, is very convenient, especially of Marjoram, Hyssop, Time, taken through a Cane; by which they take the fume of Tobacco. Errhines also may be made of them. As for Example.

In a cold cause,

Take *the Juyce of the Root of Flower-de-luce made thick, the Juyce of the Flowers of Ivy made thick, of each two drams: the Pouder of Marjoram, or Time, one dram: Fresh Butter half an ounce: mingle them for a Liniment, and anoint a Tent of Cotton to put into the Nostrils.* Or,

Take *the Juyce of Blites clarified by filtring very well, four ounces: Agarick grosly poudered one ounce: make infusion for one night; strain them the next day, and draw it up warm into the Nostrils, and it will wonderfully purge the Head without any great Commotion.*

Medi-

Medicaments that Evacuate Insensibly.

The matter these are made of is of a large extent. For all hot things by rarefying and turning the Humors into Air, do evacuate insensibly, so do all dry things by restraining moisture, and all astringent things by pressing them forth, may be reckoned in the number of these: but things that digest are properly so called, which do by degrees turn the Humors into vapours: and those that discuss and do it by heaps, that dissipate also gross Humors: and blistering Medicaments that do both vehemently, and by violent heat remove the matter that lieth deep, that is not sufficiently attenuated, and draw it to the Skin.

Digesters.

Amongst these the most obuious are: wormwood, Dill, al kinds of Smallage, Chamomel, stinking Chamomel, Fœnugreek,

nugreek, Roots of Reeds, white Li
lies, Lin-Seed, Honey, Melilot, Ros
mary, Mallows, chiefly ſtrong Win
theſe may be given in Decoction, S
rups or Electuaries.

Of the ſame may be made Oyls, h
deſcent, and Fomentations for u
outwardly; to which theſe that follo
may be added, that are not to be giv
inwardly, as the Roots of Sow-Brea
wild Cucumber, Daffodils, the Leav
of Dwarf-Elder, Elder-Tree, Allu
Nitre, Vitriol, common Salt.

Alſo outwardly may be uſed alone
anoint with rank Butter, chiefly th
which is Salt, and Oyl with Salt.

For Fomentations: the water
quick Lime, the water of hot Bath
ſweet water that is very hot, ſtrong L
hot Lees of Wine, the mud of ho
Baths, or the holes in the Baths, ho
Sand, hot Aſhes with or without Bra
and Salt made up in a Bag.

For Plaiſters: Snails bruiſed wit
their Shells.

Old Cheeſe, with the Decoction o
Salt fleſh, eſpecially Hogs fleſh, an
beaten together for a Plaiſter.

Bea

Bean Meal made up with Wine or the former Decoctions, adding if you please Oyl, Oxymel or Honey.

Privatly to consume the Milk suddenly, and without danger that it may not clotter in the breasts: women hold these for secrets, which either will not or cannot give suck: the green Leaves of wall-Nut Trees carryed in their bosome.

A Liniment made of an equal portion of Honey and Rozin, laid on constantly with a Linnen Cloath.

A Cataplasm of Bean Meal and Oxymel, or the Decoction of Parsley, or Mallows Boyled with Vineger.

A Fomentation of equal parts of Parsley and Vineger, adding a little Saffron to it.

Discussives.

Amongst these the easiest to provide are: the Seeds and Flowers of Agnus Castus (by the steeping whereof is made an Oyl that is very Proper against the

the Cholick) Garlick, the Root of Both Angelicas and the Seed, Annis Seed, Seeds of Oranges and Citrons and the Pills of them, alſo Calamint eſpecially of the Mountains, Seeds of Cummin, Caraway, Daucus, Fennel, Hyſop, Maiſterwort Root, the Berries and wood of Juniper, Lavender, the Leaves and Berries of Bays, that are good for the Cholick and Pains of the Matrix, Lupins, Marjoram, dry Mints, Bazil, Origanum, Poley, Pennyroyall, Rue, Savory, wild Time, Italian Spike, Time, all which are given alone or mingled in forme of a Decoction, Syrup, Electuary, or the Pouder of them to one dram, may be drank in Wine, or ſtrewed upon Meat.

Hitherto appertain Aqua-vitæ, and Old Wine which the Antients were wont to give with Pepper groſely beaten.

You may prepare, at a Cheap Rate, a moſt effectual Tincture, whereof one or two drops drank in Broth or Wine doth powerfuly, diſcuſs winds, and put into a hollow Tooth that Akes from a cold cauſe, or but layd to it, preſently takes

takes away the pain.

And this is it:

Take Black Pepper beaten groſely two ounces, the beſt Aqua vitæ eight ounces; put all into a Viol of a ſtreight Neck, and keep it wel ſtopt eight days in a hot place, and you ſhall have a deep Red Tincture, to be kept in a Glaſs that is ſtopt faſt.

If you will make an Hippocras Wine, you may do it thus.

Take Seeds of Annis and Fennel of each two drams, Roots of Angelica, Acorus, Maſter-wort of each half an ounce, Leaves of mountains Calamint, Lavender, Marjoram, and dry Mints of each one handful, Bay-Berries one ounce; Bruiſe them all groſely and put them into a Cullender, and ſtrain through it the beſt white Wine, doing it ſo often, until the matter ſeem to have loſt its ſent and Acrimony; drink one or two ounces of this Wine by it ſelf, or with ſome other Liquor.

Fomentations may be made outwardly of the Decoctions of the ſaid Herbs; but moſt effectual are the fumes of them, that riſe by quenching a Fire-

ſtone, or a Mil-ſtone in the ſaid Decoctions. But the Decoctions are made more ſtrong in the beſt Wine, or ſtrong Ly, and natural brimſtone waters.

Alſo a bag of Millet torrefied, is very good, with the Flowers of Chamomel, and Cummin Seed, or the Leaves of Rue; by which the pains after Childbirth are mightily aſſwaged.

Some extol the pulp of Coloquintida, with a third part of wormwood put into a bag.

This is held for a ſecret, to dry up the water that puffs up the Belly: A Plaiſter made of equal Parts of the Leaves of Rue and wormwood bruiſed, and made with Honey, to a Cataplaſm.

Alſo a fomentation of quick-Lime quenched in brimſtone water of the Baths, is excellent.

For anoyntings: Remedies may be preſently made, ſuch as are the Oyls made by deſcent from the ſaid Herbs. For example.

Take *Bay-berries, one ounce: Leaves of Rue, one handful: Common Oyl, half a pound: the ſtrongeſt Wine, three ounces.* The Ber-

ries

es being grosely beaten, and the eaves chopt, make infusion for three ours; Boyl them til the moisture be onsumed, then strain them.

To al these, add a large Cupping Glass, ith a great Flame, and set it on the art that is puffed up; to which, for the iscussing of wind, *Galen* ascribes a ower, as it were an Inchantment.

Somtimes also without: discussing inds are drawn out of the Body by ome Instruments that Chirurgious use, hat work suddenly. So the winds are rawn forth that extend the great Intestines, thrusting in (after a Clyster given o void the Excrements) a dry Syring, nd drawing it downwards.

Hippocrates used Smiths Bellows.

By the same way the winds that fil he Matrix, by help of a Syring, with a ong thin Neck, may be drawn out.

Rubificatives.

They are called Rubificatives, because they make the Skin extream Red.

When we have made uſe of digeſte
and diſcuſſers, and cannot prevail, the
we muſt uſe Rubificatives, as in an O
Hip-Gout, and as it often comes
paſs in a ſtubborn, heavy Head-ach
Theſe are laid to the Skin, Bruiſed, a
made like a Cataplaſm, either alon
or with hot Vineger; and the mo
uſual are theſe that follow: Garlic
wake-Robin, Blew flower, Flea-bea
water Pepper, Sciatica Creſſes, Hor
Radiſh, wild Pennyroyal, Muſtar
Staves-acre, common Crowfoot. Al
a Plaiſter may be made by it ſelf of P
geons, or Gooſs dung, or of dry Pit
melted with a fourth part of ſome ho
Oyl, as of Rue, or Bays, and laid ofte
on the part, and then pulled off again
until the part firſt Waxeth red, the
ſwels a little, & then ſinks down again:
for if it be let alone no longer than
whilſt the part groweth red; it is ra-
ther to be called a heating remedy, and
ſuch as helps the member to nouriſh-
ment, than that which Evacuats inſenſi-
bly. Wherefore on a cold, and dry Sto
mach, & Limbs that are waſted with the
Palſey, it is of excellent uſe, after due
Evacuation

vacuations of the Body.

Thus much for Medicaments that reſpect the matter peccant in quantity.

Medicines that augment neceſſary Matter, where it is deficient.

Somtimes good Humors are wanting, nd ſome things that proceed from hem; al which are augmented of themelves, by the help of Nature changing ood Nutriment; but they are produed by accident, with the help of ſuch emedies as remove the things that inder Nutriment. Therefore al theſe emedies that ſtrengthen heat, and hat allay the diſtemper of the humors, nd of the inward parts by heating hem, encreaſe blood; the Catalogue f theſe muſt be ſought for amongſt hings that alter: and for this reaſon, hoſe things that ingender Milk and eed, the firſt whereof is neceſſary for he Nutriment of the Infant that is orn, the latter for Procreation, do roperly belong to Nutriment, becauſe

both of them proceed from blood; y
improperly thoſe Medicaments may b
ſaid to ingender milk and ſeed, by th
help whereof, the blood is more eaſil
and plentifully altered into the Natur
of them both.

Medicaments that encreaſe Milk.

Thoſe Medicaments are ſaid alſo t
encreaſe milk, that correct the impu
blood, make it run, and ſpread, drive
to the breaſts, and draw it thither.

Thoſe correct it, that purge naught
humors which pollute the blood, an
others that allay the exceſſive qualiti
of the blood.

Such are, in a hot diſtemper, Barle
Water, and Broths altered with ma
lows, green Knotgraſs, and Sow-th
ſtles.

The milky juyce of Sow-thiſtles, an
Dandelyon, mixt with Broth, and take
from two, to three ſpoonfuls, is muc
approved.

Alſo the Pouder of Natural Cryſtal,
give

given with great profit, and is held for a Secret, taken in any of the said Decoctions, from half a dram to a dram.

In a cold distemper, a Decoction is good, especially of the tops of dry Dill in Broth, and of new Annis Seeds, or Garden Cresses, of Fennel, of fresh Poley, or Leeks boyled in Water.

Broths altered with Dill, do spread, and by a certain propriety drive it to the Breasts: So do Smallage, green Parsley, white Chiches, and all kinds of milk Trefoyl, common milk-wort, and Perewinkle, used the same way.

Blood is drawn to the Paps by frequent sucking, gentle rubbing, and loosening Fomentations: the best are made of hot white Wine. Also of the Decoction of Chamomel, and Dill, that are green; as also of mallows, Lin-seed, Roots of marsh-mallows, if they be boyled in Wine or Water.

If these profit not, Rubificatives must be applied until the Breasts wax red.

For this purpose amongst the Cretians, they were wont to strike and rub the Breasts with the Leaves of green Net-

tles; by the frequent uſe whereof, the Dugs were ſaid to grow ſo great, that they would yield milk enough.

Amongſt the cheapeſt Remedies, theſe are thought to engender much milk: Hens Eggs, white Wine, Rice boyled in milk, Grewel made with fine Wheat Flower and milk, or Pottage; alſo Pottage made with fine Wheat flower and white Wine, adding thereto, yolks of Eggs, and Butter: But the meat is made more pleaſant, if you put Sugar in the place of the Flower.

Things that encreaſe Sperm, or Seed.

Thoſe Nutriments chiefly ſerve to augment Sperm, which by a Phyſical force, move hot and thin Vapors, fit to cauſe erection of the Yard.

The cheap things are theſe: Fleſh of Ducks and Geeſe, cooked eſpecially with Garlick; the Brains of Calves and Pigs ſeaſoned with Pepper and Salt, Beef Broth boyled with green Mints or Rochet, the Juyce preſſed out of the

Lungs

lungs of a Ram roſted, Swans Eggs fried with Butter, all kind of ſhell Fiſh ſeaſoned with Pepper, the Polypus, the Cuttle, and Crab ſeaſoned the ſame way, Muſhroms alſo ſeaſoned with Salt and Pepper.

Amongſt Pulſe, are the white Chich Peaſe, Beans, and Kidney Beans.

Of Fruit, are Hazel Nuts, Cheſt-nuts, mad Apples ſeaſoned with Oyl, Salt, and Pepper, ſweet Apples and Grapes hanged up for to be eaten.

Of Herbs, is Garlick, yet yong and freſh, Artichoaks, Aſparagus.

Yong Onions, eſpecially *Scabious*, Rochet, Clary, Turneps, Rape-roots, Parſnips, and Alizander Roots, with Pepper and Salt.

Theſe are thought to be more effectual; the thickeſt Root of all the Satyriums, the Pizzle of a Bull, or Hart, Boars ſtones, and of Foxes, and a Boar Pig that hath engendred, waſhed in white Wine, and dried in an Oven. The Pouder of theſe may be drank mixed together, or elſe a part in white Wine to one dram.

This Pouder moſt eaſie to be provided,

ded, is moſt effectual:

Take *the Pizzle of a Bull, and Borax of the Apothecaries, of each three drams: the moſt ſubſtantial Root of Satyrion, two drams: Ginger, and Cinnamon, of each one ſcruple: Saffron half a ſcruple*: Mingle them, and make a very fine Pouder; give of it in the morning, and after Supper one dram, in a little of the beſt Wine.

Medicaments that alter the Cauſe of the Diſeaſe.

The Cauſe of a Diſeaſe is peccant divers waies; namely, by an open, and a ſecret quality. This requires Preſervatives againſt Poyſon, that is either original, which is corrected by Medicaments that are cold, hot, moiſt, dry, or derived from the original, as thick, thin, tough, hard: Hardneſs comes from drineſs and congelation; ſo doth acrimony. To theſe are oppoſed ſuch things as make thin, ſuch as thicken ſuch things that cut, ſcour, ſoften, diſſolve clotted matter, and ſuch as metigate: which things correct the firſt qualities,

qualities, and thickners, thinners, and toughneſs that proceed from them. They are wont to be called Concocting and Preparative Remedies, becauſe by the allaying of the qualities that exceed, the humors are the more eaſily conquered by the Natural heat; and if there be any of them wholly unfit to be concocted, they are thus made fit to be driven out with more eaſe. Other Remedies that take away the ſharpneſs and hardneſs, do not only ſerve to prepare the humors, but to mollifie the parts that are exaſperated and hardened. Alſo thoſe that ſcour away toughneſs, do very much ſerve for other uſes, as for al foulneſs of the Skin, and for filthy Sores, and therefore they are to be numbered apart, after thoſe things that prepare the humors.

Medicaments that prepare Choller.

If Choller be thin and hot, Barley is good, Lettice, Purſlain, Water-Lillies, blew Violets; the Decoctions of theſe, from

from eight ounces, to one pound, or thereabouts.

The more effectual are, the Juyce of Barberries, four Pomegranates, Baſtard Corinths, and the Juyce of unripe Grapes wel purified, which may be added to the ſaid Decoctions, from one to two ounces.

The laſt Remedy, is clarified Whey, with the Emulſion, of one dram, or thereabouts, of white Poppy Seed, or Garden Nightſhade, and great Houſleek added to the Decoctions.

In this caſe, we muſt forbear to give ſweet Syrups.

If Choller be thick, either by aduſtion, or by the mixture of other Humors, cold attenuative Medicines are good, or ſuch as are temperate, as Sorrel, Juyce of Lemmons, Citrons, Oranges, that are ripe, Gum, Cichory, green Maiden-hair, Endive, Strawberries, Liverwort, Hawkweed, all the Sorrels, wild Endive, Sow-thiſtle, Dandelyon, four Trefoils, Seeds of Melones, Citruls, Gourds, and Cucumers; of which, Emulſions are made.

Of the ſaid herbs, are made Decoctions

ons with flesh Broth, or Water, to which may be added about two ounces of the Emulsions of the said Seeds, or of the Juyce of Citrons, Lemmons or Oranges.

Also the Juyce of Herbs clarified may be given, from one ounce to three ounces, in Broth, especially in the winter Time, when fresh Herbs cannot be had.

Of these clarified Juyces, Syrups may be presenty provided, if an equal quantity of clarified Honey be added to them, and so Boyled to the consistence of a Syrup, it is mingled with the Decoctions from one ounce to two ounces.

Oxymel simple may supply the want of all these, about one ounce being put into the Decoctions, and Syrups of them al are very useful for this Humor, if there be no adustion, for which, the best thing is Clarified Whey to about two pound with the Emulsion of the foresaid Seeds.

Preparatives

Preparatives for Flegm.

All theſe heat and attenuate, and if the Flegm be very clammy and thick, they cut alſo and ſcour away: the ſame belong to Salt flegm, it they be tempered with thoſe thing we mentioned to prepare Choller.

Therefore if flegm exceed not in thickneſs and toughneſs, theſe are convenient.

For the Head, betony, Germander, Goats Rue, Marioram, Roſemary, Sage, Arabian Stœchas, the Root of wild ſetwall.

For the Eys, Celondine, Eyebright, Fennel, Vervain.

For the nerves and Joynts, ground Pine, Juniper Berries, Hog Fennel, Primroſes;

For the Breaſt, Figs, Liquoris, lungwort, Coltſ-foot, Scabious.

For the Heart, Root of Angelica, holy Thiſtle, Caltrops, Herb Bennet, Ground-Ivy, Lavender, Pimpernel, Scordium,

Scordium, the Root of Swallow wort.

For the Stomach: Wormwood of all kinds, cheifly the common wormwood, pills of Oranges and Citrons, Seeds or Mints.

For the Liver, wormwood, Agrimony.

For the Spleen, Ceterach, Epithime, Fumitory, the rind and Root of Capparis, and Tamariſk.

For the Matrix, Mug-wort, Maiden-Hair, Calamint, Feaverfew, Pennyroyall, Savin.

For the Reins and Bladder: Smallage, Sparagus, Fennel, Parſley, Knee-holm.

For the whole Body, Cinquefoil, Tormentil, Oxymel, rich Metheglin.

Of theſe; Syrups may be made, or Decoctions in the Broth of a Pullet or ſweet Wine, to which it were good to add Oxymel from one ounce to two ounces.

Decoctions are unprofitable for the Stomach and Inteſtines, becauſe they paſs ſo ſoon from the affected part.

Therefore Oxymel only is good, to two ounces; or a Syrup made of the foreſaid Herbs. To which may be added

ded to discuss winds, an Emulsion of the Seeds of Citrons, or Oranges, to two ounces, or thereabouts, in fresh Broth. Or after the Custom of the Antients, Oxymel may be given, wherein the tops of Wormwood have been soaked all night.

If Flegm be too thick and clammy, we must never leave out Oxymel, which must be added to Decoctions convenient, wherein must be boyled some of these cutting Herbs, and scouring, namely, Hyssop, Horehound, Poley, Savory, wild Time, Time, Goats Marjoram.

If you would make an Oxymel suddenly, which may be like Oxymel of Squils for its cutting and scouring Faculties, it may be such a one to free the Obstructions of the Bowels.

Take *Leaves of Bettony, Agrimony, Wormwood, Fumitory, Cink foyl, of each one handfull: Hyssop, Horehound, and Time, of each one handful and an half: Roots of Sparagus, Fennel, Parsley, of each one ounce: Fountain Water four pound: Honey two pound.* Let them boyl at a very soft fire til the Honey be clarified perfectly; then strain them,

them, and add of the best Vineger one pound, Annis Seeds two drams; Cinnamon and Ginger, of each one dram. Boyl al at a gentle fire to a Syrup; then strain al again through a wide Cloth.

Preparatives for Melancholly.

If Melancholly be not adust; Borrage, Bugloss, Dodder, stone fern, Maidenhair, Liquoris, Hops, Balm, Fumitory, Harts-tongue, sweet Prunes, are convenient; and to their Decoctions, Oxymel is profitably added, by reason of the Vineger that cuts the thickness of the Humors.

If the Humor be adust, things that prepare thick Choller are to be used, and moreover the Juyce of sweet Apples, which hath a peculiar prerogative here. Also it may be mixed from one, to two ounces, with the Decoctions of the said Herbs.

Also a Syrup may be made of it, taking one part of clarified Honey, and two parts of Juyce of good Apples clarified,

fied, and ſo boyl them to the conſiſtence of a Liquid Syrup, to the conſumption of one third part.

Medicaments that allay Acrimony.

Thoſe things allay Acrimony, which either temper it, with a pleaſant moiſture, and water the matter; or elſe do anoint it with an Oyly, clammy ſubſtance, whereof there is excellent uſe in cutting the pains of the heart, and bloody-flux.

Theſe water and temper it: Fountain Water, or River Water, ſweet Almonds, Emulſions of the four great cold Seeds husked, Barley Water, and the Cream of Ptiſan made thereof, Jujubes, Lettice, all Milk, eſpecially of Heifers, and Cows, Whey, Liquoris, ſweet Prunes, and Apples, Water Lillies, Purſlain, Sow-thiſtles, the Fruit of Winter Cherries, Nightſhade, both Houſleeks, Venus Navil.

Of the Herbs; Decoctions, or Syrups, are made which are made more ſweet, and

and fit to temper the Humor, if you take Wine in place of Honey, and boyl it with an equal part of the Juyce of the Herbs, to a due conſiſtence.

Of theſe alſo are compounded, Medicaments that are proper for ſome parts.

For pain of the Eyes, from ſharp Defluxions, a Cataplaſm of a ſweet Apple boyled in Milk, is good, and laid warm to the Eye.

For the heat of Urine, the Decoction of Liquoris is ſingular, either alone, or with the Fruit of Winter Cherries, taken dayly, ſix ounces in the firſt repaſt, when the Stomach is empty.

For the Gripings of the Guts, the Decoction of great Houſleek in Rain Water, or two ounces of the Juyce of it in the Broth of a Chicken.

To theſe, add Lead only for outward uſes to anoint with, Oyls being beaten in a Mortar of Lead till they become thick.

The white and water alſo of an Egg, are very unctious: ſo is white Starch in meats, new Butter, the fat Broth of the Entrals and the head of a Kid, Calf,

alſo of the feet of Hogs and Calves
old Oyl, chiefly boyled with Fountai
Water till the moiſture be conſumed
Amongſt *Herbs*, are Mallows, Marſh-
mallows, Roots of Borrage, and grea
Conſound; for the Decoctions of thes
herbs are mucilagenous.

It is held for a Secret for the heat o
the Urine, to drink the white of an E
with the like quantity of Juyce o
Lemmons.

For the bloody flux, the Decoction o
Marſh-mallows altogether.

Hitherto appertains the feet of Par
tridg broyled; the Pouder whereo
given to one dram, in Water of Corian
der, if a feaver be preſent, or if there
be no feaver, in black Wine, will cure
an old Dyſentery in three daies.

For painful Ulcers, and Clouds tha
are joyned with *Ophthalmia*, or redneſ
of the Eyes; the Balſom of Sugar diſ
ſolved in the white of an Eg that is hard
boyled, and it is made excellent afte
this faſhion. Put poudered Sugar into
glaſs that is firſt wel waſhed with ſtron
Vineger: then boyl it upon the Ember
to a perfect redneſs: after that diſſolv

by *Deliquium* in an Egg boyled hard, nd the yolk taken out.

For outward Remedies; are profita- ly added, Goats and Deers Suet, freſh ogs Greaſe, Kids fat, (whereof with pples, is made the common *Pomatum*) he Marrow of four-footed Beaſts, Wax, eſpecially white Wax, and the ucilages of Lin-ſeed, Fœnugreek, lea-ſeed, Quinces, the Roots of arſh-mallows, Mallows; of all which here is a peculiar uſe in healing the hoppings of the skin: yet the Mucilage f flea-ſeeds, and Quinces, is given in- ardly, with inward Medicaments for ains of the Heart.

Scouring Medicaments.

Scouring Remedies ſeem to be con- ary to ſuch as allay, and temper, be- uſe they wipe away the clammineſs, nd what is faſt to the Parts they ſcour f; of which kind are all ſalt, nitrous, arp, bitter things, which are good for foulneſs of the Skin, foul Ulcers, and

Obſtructions: But becauſe the matter of theſe, is manifold; to avoid all confuſion in ſo great variety, we ſhal principally lay down here, ſuch ſcouring Medicaments as are proper for the foulneſs of the Skin; and others that take away Obſtructions, and purge Ulcers, may be ſought for in the Title of things that open obſtructions, and breed fleſh in Wounds, of which afterwards in the muſtering up of Medicaments that reſpect Diſeaſes.

Theſe clenſe the Skin weakly: Bitter Almonds, Peach Kernels, Juyce of Lemmons and Citrons, Butter, chiefly that which is ſalt, *Antale*, Mother of Pearl, Bean flowers, husks, and meal, Fœnugreek, Bran, unhulled Barley, Flowers and Roots of white Lillies, Leaves and Berries of Bays, Dock, the wild and the ſharp, eſpecially the Root of it, Milk, and the whey of it, Litharge, Mallows, Root of Solomons Seal, Scabious, al Natural Baths moderately hot.

Of the Herbs are made Decoctions for Lotions and Baths.

Of the reſt are made divers Remedies to

to beautifie the face, and take away the spots; as also for Scabs and Itch.

To wash the face, and to make the hands white, these are singular good: Bitter Almonds, or Peach Kernels bruised, and with milk brought to the form of a Cataplasm.

Also Bean meal wrought with whey or milk to the consistence of a liquid Liniment.

Bread of Barley meal stamped with milk, boyled a little, and when it is hot, rubbed on gently.

Also *Lac Virginis* is much commended, which is made of one part of Litharge, and two parts of Vineger, they are mingled and shaked together, and soaked for three hours: afterwards the Vineger being filtered, Rain water is put in, or Fountain water, in which a little Salt is dissolved.

The most excellent to beautifie the Skin, is of this kind.

Take *Antalia, Mother of Pearls, of each equal parts*: Pound them grosly, then lay them bed upon bed, with the Juyce of Lemmons, and put them in a moist place till they dissolve; and then use

the Liquor as it is, or elſe diſtilled through a Filter, or *Balneo.*

For Itch and Scabs, theſe are the beſt Unguents:

Take *Litharge of Gold beaten and ſifted, three ounces: Roſe Water, and common Oyl, (Oyl of Roſes is better) of each four ounces.* Drop in the water firſt by little and little, ſtirring of it conſtantly in a Morter, with a wooden Peſtel, till the Pouder have drank up al the water, and be wel mingled with it; then add the Oyl by little and little, ſtirring them alwaies til they be wel mixed. *Or,*

Take *freſh Butter two drams: the Root of the ditch Dock boyled and pulped through a ſieve: common Oyl, and Juyce of Lemmons, of each one ounce: Bay-berries finely pouddered and ſearced, two ounces.* Mingle them, and make a Liniment according to Art.

The Juyce of Lemmons may be left out, and yet the Compoſition wil be never the worſe.

Theſe do moderately ſcour for Lotions and Baths: Salt water, Bath water, Sea water, Nitrous water, Allum water, the Urin of a Boy that is ſound,

May-

May-dew, the Juyce of ſour Grapes, white Soap, the Decoction of Agarick, the Roots of Canes, Ivy of the Wals, Lupines, the black Vine, and of Oleander.

For Oyntments, ſerve al the Rozins, chiefly of the Larch, and Turpentine Trees, Mirrh, the inward Rind of the Elder Tree, Goats-horn burnt, Cuttle-bone burnt, new Tobacco, the Pouder of common Salt.

Of theſe, ſome Remedies are made, proved good by Experience, both for Scabs, and Spots of the Face.

For the Scab,

Take *the Leaves of Oleander, poudred and ſifted, two drams: common Salt, one dram; freſh Butter, one ounce and an half. Mix them for a Liniment.* Or,

Take *the Leaves of Tobacco, one handful; Oleander, and Bays, of each half a handful, Butter, three ounces.* Beat them in a Mortar, til they be al well mixed; then Melt it over the Coals, and preſs it out ſtrongly. *Or,*

Take *Bay-berries, Aſhes, Salt, of each one dram: common Oyl, three ounces: Wax two drams.* Mix them for a Liniment. *Or,*

Take

Take *Roſin of the Larch, or Turpentine Tree, two ounces; freſh Butter, one ounce: Oyl of Bays, Juyce of Lemmons, of each half a dram: burnt Cuttle-bone, or Ceruſs, or Litharge, one dram: common Salt two ſcruples.* Mix them for a Liniment. *Or,*

Take *the middle Rind of the Elder Tree, Leaves of Tobacco, of each half a handfull: common Oyl, three ounces.* Boyl them at a gentle fire until the Moiſture be conſumed (a ſign whereof is, If the Oyl poured into the fire, flame ſuddenly without Cracking) make expreſſion, and ſtrain it; *then add moſt fine Pouder of Mirrh, two drams: Yellow Wax, one dram and an half.* Mingle them, make a Liniment.

Alſo this following Stone, if it be diſſolved in ſome convenient Liquor, and then waſh the place affected, with it, it takes away both Scabs and Itch.

Take *Roch-Alum, one ounce and an half: Litharge of Gold three ounces, Borax of the ſhops, Sea Salt, and white Lead, of each one ounce; the beſt Vineger one pound: Rain Water, half a pound,* the Ceruſs, and the Litharge, muſt be poudered and ſifted: then Boyl them in an unglazed Pot, to the

the hardneſs of a Stone.

For Spots of the face.

Take *May-dew purified by filtring, two pound: Juyce of Scur Grapes, or Lemmons, or Oranges, one pound: Roots of white Lillies, and Solomons Seal, of each two ounces.* Make infuſion for two days, in Horſdung, the Veſſel being cloſe ſtopt; then diſtil them by the heat of the ſame Dung, to make a Lotion for the Face. *Or,*

Take *white Soap diſſolved into froth with May-Dew, or Vineger, two ounces: Meal of Lupins, half an ounce*; mingle them and ſtirr them diligently, and with a ſoft fire Boyl them to a mean conſiſtence: after that, add to them, *the Oyl of Peach Kernels, three ounces.* Mingle them and Boyl them at a gentle heat to the conſiſtence of an Unguent; wherewith anoint the Face, and the Hands, before you ſleep; and in the morning waſh them with a Decoction of Bran.

Theſe do ſtrongly cleanſe for Baths, & Lotions; Brim-ſtone Baths, Barley, the Decoctions of Briony Root, Black-Hellebore, Centaury the leſs, Sowe-wort, Elecampane Root, eſpecially if you add a little Salt, and Alum.

For

For an Epitheme, the Water of quick Lime.

For Oyntments: Borax of the ſhops, Nitre, Brimſtone, black Soap, Aſhes of the Vine Branches, Lime waſhed perfectly, the pulp of the Root of Elecampane, Oyl of Tartar.

Of theſe; remedies are compounded that are moſt profitable and proved by Experience.

For a cruſty Scab, and like to the Leproſy, *Amatus Luſitanus* ſaith that this Unguent removes it, like to an Inchantment:

Take *Roots of Elecampane Boyled in Vineger, and pulped through a Sieve, two ounces: Salt Butter, Roſin of the Larch Tree, or Turpentine Tree of each half an ounce: common Salt finely poudred, two ſcruples: Brimſtone one ounce.* Mingle them for an Unguent. *Or,*

Take *quick Brimſtone, two drams: Aſhes of Vine Branches, common Salt poudered, of each one dram.* Bind them in a fine Cloth and let them Boyl, in *common Oyle, four ounces; Vineger, or Juyce of Lemmons one ounce.* Boyl them til the moiſture be conſumed, and with this matter, being hot

hot, anoint the part that is Scabby. *Or,*

Take *quick Brimstone, half an ounce; common Oyl, three ounces;* Dissolve it: then add, *beaten Salt, and Ashes, finely sifted, of each one dram: a little Wax*: mingle them for a Liniment.

For a Lotion.

Take *Roch-Alum, common Salt, and Brimstone poudered, of each one ounce: Black Soap one ounce and an half: Barley one handful; white Vineger, half a pound: common water, six pound.* Boyl them til half be consumed; strain them, and keep them for use.

For spots of the Skin.

Take Black Soap dissolved in a strong Ly, two ounces, Borax two drams: boyl them til they be thick. Then add, the husks of beans finely poudered, half an ounce; Oyl of Peach Kernels, three ounces. Mix them diligently til they be wel united, and make a kind of Soap.

In the place of the said Oyl, you may use common Oyl two ounces; Oyl of Tartar, one ouuce. Mingle them, and anoint the place, morning and evening, and wash the Skin with some of the said Decoctions.

Of

Of this kind is the Sope that the Venetian Women uſe to deck their faces, Hair and Hands. The compoſition is, this.

Take damaſk Sope, four ounces: diſſolve it in Juyce of Lemmons, what is ſufficient. Then add, Oyl of ſweet Almonds and of Tartar, of each two ounces, let them ſtand in the Sun and be ſtirred every day, until they grow as thick as an Unguent. The part is anointed with this; and then it is waſhed with the Decoction of Barley or Bran.

Old ſpots & Morphew are taken off with the water of Quick-Lime made with Whey; wherewith the diſcoloured place muſt be often touched in them when the Skin comes off; reſtore it again with Unguent of Litharge, deſcribed amongſt weak ſcouring remedies.

A man of great fame uſed this remedy for a high Secret, and ſo picked great ſtore of Money out of the Pockets of great Ladies.

Remedies to ſoften hard things.

Though the hardned Humor may ſeem

ſeem to be corrected by ſoftening only, yet every hardneſs requires not Remedies of the ſame force: For cold and dry Humors that are hardened by congealing, are melted with Heaters only, without any notable drivers; which things are properly called Softeners. Yet Milk and Blood when they are Clotterd, and congealed, ſeing they fal to that by want of their proper heat, they require things that heat exceedingly, or ſuch as attenuate and cut.

Laſtly, Milk made like Cheeſe, requires cold and moiſt things, with ſome Thinners of parts, becauſe ſtrong heat ſeperating the Whey from the thicker part, turneth it into Cheeſe.

Emollients, and proper remedies to Melt, are of two ſorts: Some are fit for Scirrhous Humors, which are ſomewhat ſtronger, and diſcuſs the melted matter: Some are gentler and are fit for hardned Humors, without any ſingular ſtuffing, or plenty of matter: the uſe thereof muſt alſo precede in Scirrhous affects, before ſtrong Emollients, that what is congeled may be the more eaſely melted and more ſafely diſcuſſed. The

The gentle Emollients, are, marſh-Mallows, Borrage, Bugloſs, Brank-Urſine, Fenugreek, Liquoris, Lin-Seed, white Lillies, Mallows, Melilot, Raiſins.

Of theſe may be made Decoctions, Syrups, Electuaries, for inward uſes: Alſo they ſerve to make outward Fomentations, Unguents, and Cataplaſms, which are chiefly prepared with Butter, freſh Tallow, but eſpecially of Mans Fat, and of the new Wax, the Marrow of four-footed Beaſts, the Greaſe of Sheeps Wool, common Oyl of Olives wel ripe, Suet, and the Mucilages of Marſh-mallows, Mallows, Fœnugreek, Lin-ſeed.

For Fomentations ſerve particularly, moiſt wool that is properly the waſhing of wool, and water and oyl warm.

Compounds that are eaſie to provide, are of this kind.

For an Oyntment,

Take *Roots of white Lillies, Mallows, Marſh-mallows, of each one ounce: Chammel, or Dill, of each one handful: white Wine four ounces: common Oyl that comes of ripe Olives, eight ounces.* Boyl them till the

the moiſture be conſumed, then preſs and ſtrain them. *Or,*

Take the mucilage of Lin-Seed and Roots of marſh-mallows, of each one ounce, Ox marrow and freſh Butter of each one ounce, common Oyl three ounces, new Wax three drams: mingle them for an Unguent.

For a Cataplaſm.

Take Roots of white Lillies one ounce, Leaves of mallows one handful, Boyl them gently, then melt two ounces of Butter with them, and make a Cataplaſm. *Or,*

Take Roots of marſh-mallows Boyled & pulped through a Sieve two ounces, meal of Lin-ſeed and Melilot, of each one ounce and an half, Roots of white Lillies half an ounce: Ox marrow one ounce, common Oyl three ounces, Decoction of mallows, what will be ſufficient, make a Cataplaſm.

Theſe are ſtronger that follow; for they are all uſed outwardly, except the Saffron and the Root of ſharp Bind-Weed, which it may be Agreeth with Indian Sarſa, both in kind and vertue: the reſt are ſeldome given alone but

mixt with more gentle Emollients.

For Fomentations therefore, add Roots of bryony, Sow-bread, wild Cucumber, and Flower-de-Luce fresh, with the Decoction of these; an effectual Fumigation may be prepared by quenching a Fire-stone or a peice of a Mil-stone in it. Bituminous waters of Baths, serve of themselues for Baths and Fomentations.

For to anoint, Goose fat and Deers suet are good, so is Oyl pressed out of Nuts, the Lees of Oyl, and Oyl of Peter.

For Plaisters, take the roots of Jacinths, Daffodil, fresh Leaves of Tobacco, and the flowers of Flower-de-Luce.

By themselves, these serve instead of a Plaister: Bituminous Dirt, Ox Dung, chiefly mixed with Lees of Oyl, and Old Cheese Kneaded with Broth of Salt flesh.

These Cerats they add: dry pith, Rosin, Colophonia, Bitumen, Jet, Ammoniacum, which makes a Plaister it selfif it be dissolved in sharp Vineger.

Of these may divers medicaments be presently compounded that are effectual

nal against Schirous Tumors. For example.

For an Oyntment.

Take Sowbread and wild Cucumber of each half an ounce: white Lillies one ounce: Chamomel and green Tobacco of each one handful, Leaves of Spurge, Laurel half a handful, common Oyl one pound, white Wine four ounces, Vineger two ounces, Boyl them at a soft fire til half be consumed, then press them out.

A Cataplasm.

Take a whole Onion Boyled in Vineger one ounce, flowers of Blew flower-de-luce steeped in white Wine one Pugil, Goose grease half an ounce, beat them altogether and make a Cataplasm.

Some make a Cerate of white Pitch only, which they cal Burgundy Pitch, which they hold for a secret and prefer it before Amoniacum.

These dissolve and hinder clotted Blood; Vineger, Posca, Oxymel simple, the Decoction of Round Aristolochia, Calamints, Savory, Time, the shels of green Nuts.

Yet the Decoctions are made ſtronger with Poſca, as the runnet of a hare drank to one dram with Water and Vineger.

A preſent and excellent remedy is made of a Ly of Vineger, Salt and Honey, after this faſhion.

Take of Ly three ounces, Vineger two ounces, clarified Honey half an ounce, common Salt one ſcruple: mingle theſe at a ſoft fire, for to drink.

Alſo if Oxymel be prepared, boyling Honey with the firſt Wine that comes forth without preſſing, til al the ſcum be taken off, it will be a pleaſant and effectual remedy.

For curded Milk; gentle ſoftners are convenient, mixt in Fomentations with Garden Smallage, mountain Smallage, cummin, freſh Mint, and Rue, adding a little quantity of Vineger.

In Cataplaſmes: Bean Meal, Lintels, with Oxymel or Mulſa, for Vineger.

This following Fomentation is approved.

Take *Leaves of Mallows, Roots of Marſh-mallows, Herbs, Garden Smallage, Moun-*

tain

ain Smallage, Roots of Fennel, of each one handful, Leaves of Bays, Flowers of Chamomel, of each one pugil, common Water six pound. Let them Boyl till a third part be consumed, to foment and wet the Breasts; of the rest, an excellent Plaister may be made.

These that follow are proved remedies.

Take *Turpentine often washed in white Wine three ounces, three whole Eggs, Saffron one scruple, Yellow Wax two drams.* Mingle them, and make a Cerate to be Spread on a Linnen Cloth, leaving a hole that the Paps may come forth to be sucked. Or,

Take *Bean Meal three ounces, common Oyl two ounces, Turpentine one ounce, two Yolks of Eggs, Saffron one scruple, with the Decoction of Mallows and Parsley, made with Vineger what is sufficient.* Mingle them and make a Cataplasm.

Also fresh Butter washed very well in the Decoction of Mallows, and mingled with the Pouder of the Roots of Mallows or Marsh-mallows, to the consistence of an Unguent, and laid on upon a Colewort leaf, is a most excellent re-

medy for pained Breasts and hardne by the Milk stopped in them.

This also is singular:

Take common Oyl of ripe Olives new Wax of each, a like quantity mingle them, then wash them wel three times in Rose water, and lay them o with a Colewort leaf.

The same remedies serve for clotterd Milk, tempered with cold and moist ingredients, and with a greater quantity of Vineger.

Yet A Plaister of Bran exceeds then or of Barley Boyled with Vineger, adding thereto a little Saffron.

Also a Cataplasm of Bean Meal wit the Decoction of Night-shade that bea winter Cherries, made with Vineger which is made most effectual if you mi the Runnet of a hare with it, and fres Butter.

Hitherto we have spoken of remedie to correct the manifest quality of th causes of Diseases: but the hidde quality, since it is venemous, and is i those things that are faulty in sub stance, it requires remedies agains Malignity, which we shall set dow afterward

afterwards, amongſt thoſe remedies that are oppoſite to the cauſe that is preternatural by the whole kind.

Remedies that move Preternatural *Matter that lieth ſtil.*

Want of motion in thoſe things that by nature ſhould move at certain times, fals out principally when the courſes are ſtopt, or in hard Labour in Child-Birth, or when the Secundine ſtaieth behind, as alſo when the blind Hemorrhoids are bread within; theſe are remedied by ſuch things as procure the courſes, help Travel, drive out the Secundine, and the Child that is dead, and alſo provoke the ſecret Piles.

Remedies that move the Courſes.

Thoſe things that properly move the Terms, do melt the Blood and open the Orifices of the Veins: the matter

whereof being it is of large extent, *Galen* diſtinguiſheth it into three Ranks, Gentle, the uſe whereof is when the Terms are diminiſhed: Mean which are more fit for the Terms that are ſtopt; Forcible, ſuch as are uſed as the laſt remedies when other helps profit not; and theſe are not given inwardly, but in Peſſaries, or infuſions.

The Chief and moſt Obvious amongſt the gentle, are, Maiden-Hair, Red Chiches, the firſt Broth of them, Cats-tails, of Walnut Trees, flowers of Stock-gelli-flowers, dried in the ſhade, white Lillies, flowers of Balm, common Maiden-hair, Cinkfoyl, of theſe are made Decoctions and Syrups, chiefly with Aromatical white Wine.

Theſe remedies are counted to be the moſt effectual of them.

Take maiden-hair or common maiden-hair half a handful, flowers of wall-flowers dried one ounce, ſweet white Wine ſix ounces, make infuſion for twelve hours, then Boyl them ſoftly; till a third part be conſumed ſtrain it, add Saffron three grains: mix all for to drink hot. *Or*,

Take

Take *Walnuts that are dry but not rank, half an ounce, Broth of red Chiches four ounces, Odoriferous white Wine two ounces: Boyl al to a third part, strain them, and add Saffron three grains, or Cinnamon six grains.* Mingle them for a potion.

Also the frequent use of walnuts is held to move the courses by their property, and therefore women make profitable Cakes and Puddings of Nuts, green Parsly Leaves and Saffron.

To anoint the Hipogaustrium outwardly; is made an Oyl of wall flowers, by setting in the Sun, or else of Lillies: also presently an Oyl is made by descent, of the Roots of white Lillies, and the tops of Dill and Chamomel;

The Mean are; round Aristolochia, Mugwort, all spices, amongst which Cinnamon and Saffron are preferred, Garden daisies, double-toung, calamint, chiefly of the mountain, both the Dittanies, the Root of sword-flag, Featherfew, marioram, Mercury, Horsemints, Bazil, Penniroyal, savin.

Of which are made, Decoctions, Syrups, Electuaries, or one dram of their Pouder

der is given in white Wine that is ſpiced.

To theſe: dry remedies, as Pouders, Bolus and Pills, borax of the ſhops is profitably adioyned, or mirrh, flowers of brimſtone, and Nettle Seed.

The Decoction of Garden Daiſies dried, is held for a ſecret given in white Wine ſpiced.

Alſo the Decoction of Nettle Seed one ounce in white Wine.

So is the Decoction of the Leaves of Garden Groundſel, plucked off downward, in white Wine or Broth of red Chiches.

Alſo baſtard Dictamni of *Mathiolus*, either in Decoction or in Pouder, and drank in white Wine.

Alſo one dram of the ſowreſt Leaven or thereabouts, diſſolved in white Wine, and drank without or with a little Saffron.

So is the Seed of Nigella one dram with one ſcruple of Cinnamon in white Wine.

Alſo this Pouder is moſt effectual.

Take Borax of the ſhops one ſcruple, Cinnamon, Roots of round Ariſtochia, Leaves

Leaves of Savin and Dictamni of Crete, or Nigella seed half a scruple, fine Sugar two scruples, mingle them, and make a fine Pouder to take at once in the Broth of red Chiches, or the best white Wine.

Also Physick Wine may be made, whereof four ounces drank hot in a morning for some days together, before the usual time the Terms are wont to come down will forcibly provoke them: and it is thus made.

Take Hearbs; Mugwort, mountain Calamint, Penniroyal Savin of each one Pugil, Cinnamon, Annis Seed of each one dram, Saffron one scruple, cut the Herbs and bruise the Seeds and for twenty four hours infuse them in strong white Wine two pound, then Boyl them a little and strain them.

Outwardly the waters of hot brimstone Baths are convenient, also the Decoctions of the foresaid Herbs, wherewith are provided Fomentations and infusions for the matrix; also fumes are made which may be used on such as are subject to fits of the Mother, burning under them such things as smel

sweet,

ſweet, which may be uſed indifferently for others, by mingling ſweet and ſtinking things together: for ſweet ſmels do open the paſſage of the Matrix, and ſtinking things do ſtir up the Expulſive Faculty to Vacuation.

For a ſweet ſmel Spices are good, Bay-berries, grains of Juniper, Marioram, Mirrh, Roots of Dog-Fennel, Savory, Time.

But for a ſtinking ſmel, ſerve Bitumen, Jeat, Rue, brimſtone, and ſome ordinary Gums, but chiefly *Aſa-fœtida*, and *Sagapenum*.

Laſtly peſſaries are ſingularly commended of Garlick Bruiſed with Oyl of Spik, alſo of the Juyce of mercury, or the Juyce of the Root of Dwarf-Elder made up with Wool.

For a ſecret are held the Leaves of the greateſt plants, put under the naked ſoles of the Feet, and worn there.

Violent remedies which are mingled with other remedies, either peſſaries or internal Medicaments, are the Roots of Cuckoo-pint, and Dragons of Eriony, Coloquintida, Sowbread, both Hellebores a Gal but chiefly of an Ox, water Pepper,

Pepper, and the Seed of Staves-Acre.

Helps for Delivery.

Thoſe things that move the Terms do alſo help to deliver: but beſide them, theſe do ſingularly yeeld help, the Dung of a Hawk drank one dram in white Wine.

The Dung of a Falcon, the ſame Doſe drank in white Wine.

The Teſticles of a Horſe that is gelded, cut into ſlices and waſhed in white Wine, and then dried in the ſmoak, the Pouder of it is given to one dram in ſpiced Wine.

The Root of Horſe-toung, the Herb Motherwort, the Pouder of them is given a whole ſpoonful, or the Juyce in hot white Wine.

Fallopius holds it for a great ſecret, to take one ſcruple of Borax of the ſhops in the Decoction of Featherfew, or Savin.

Alſo the Travail is made the more eaſie,

eaſie, if Women eat Snails in their meats ſome days before their Delivery.

Alſo a Turtle Roſted, whoſe Belly is ſtuffed with Bay-berries, Juniper berries and Cinnamon, being eaten every other day before the time of Child-Birth.

But outwardly when the Throwes are upon them the Eagle-ſtone bound to the Thigh is a help, ſo is the Jaſper, and the coral uſed the ſame way, and the Load-ſtone held in the left hand.

Remedies to drive out the Secundine.

Thoſe things that were now propounded to be taken inwardly to help Delivery, do alſo help to drive forth the Secundine.

But particularly theſe are good, the Decoction of Sage in white Wine, the Root of the Bay's of Alexandria, Seed of Hony-ſuckles, the Seeds or Root of Seſely of Marcelles the Pouder of them is given to one dram, in hot Wine or the Decoction of Sage, alſo the Pouder of

of Bay-berries is effectual to one dram, taken in white Wine or water, or the Decoction of white Lillies.

Also this Pouder is commended.

Take Roots of Round Aristolochia and Mirrh of each half a dram, Pepper one scruple, make a Pouder to be taken in a Decoction of equal parts of Maiden-hair and common Maiden-hair.

Also these are held for approved, the Pouder of dictamni drunk in some convenient Liquor and the foresaid Pouder of the Testicles of a Horse.

Remedies to open the Hemorroids.

If the Blind piles swel, they may be opened by rubbing them with the Leaves of Borrage, of a Fig-Tree, wild Cucumber and Briony; also the internal use of Aloes helps, but if these do not profit you must set on the Leeches.

Remedies to force out the dead Child.

Those things that expel the Secundine

dine, force out the dead Child also.

Especially, vertue is ascribed Dittany, both in drink, and pe fume.

Also the milk of the first litter of Bitch being drank is very good in pa ticular.

Water Parsneps taken for a Pot-her in meat.

The Juyce of Scordium drank t half an ounce with Saffron.

The fume of Pigeons dung, of brim stone, of the cast Skin of a Serpen

Also we must not neglest in this cas such things as tied to the Thigh do eas Child-Birth.

Amongst the approved remedies these two are extolled.

Take mineral Chrisocolla two scruples, or Borax one dram, Cinnamon and Saffron of each one scruple; mingle them, make a Pouder to be given in white Wine or the Decoction of Mug wort.

Also take Chrysocolla of the mines, or Borax half a dram, Dictamni one scruple, Juyce of Savin half an ounce, white Wine what is sufficient, or if there be

be a Feaver take the Decoction of common maiden-hair, or maiden-hair three ounces; mingle them.

Remedies that quiet the Matter, that is Carried with a wrong Motion.

Such things as are moved preternaturally, are quieted by revulſion to the oppoſite part: and thoſe that repel from the part that receiveth, and ſuch as make a ſtop between the part that ſends, and the part that receiveth, alſo by things that thicken the matter that runs, and by ſuch as bind up the paſſages, by which the flux is conveied.

Thoſe things intercept, which are ſet down to prepare thin Choller, and ſuch as by an unctious quality do aſſwage the acrimony.

All thoſe things that bind up the paſſages do repel alſo, of which we ſhall ſpeak a little afterwards, and beſides thoſe, all cold and moiſt things that by thickening intercept, of which we ſpak before.

Thoſe things make revulſion, namely ſuch as are called Rubificatives, reckoned amonſt thoſe things that Evacuate inſenſibly; alſo Veſicatories made of Cantharides, in Cerats or Plaiſters, or of Crow-foot, or the Roots of the leſſer Crow-foot bruiſed alone, and laid on for a Cataplaſm.

The Form of a Cerate:

Take *Whole Cantharides half an ounce, Seeds of Ammeos three ſcruples and an half, Roſin five drams, Wax two drams.* Mingle them for a Cerate for four Veſicatories fit for a Body that is of ripe years: for Children and ſofter bodies half ſo much is ſufficient.

For a Plaiſter for four Veſicatories:

Take *three or four drams of Cantharides, (for a harder or ſofter conſtitution of the Body) Muſtard four ſcruples, Seeds of Ammeos one dram, the ſowreſt Leaven one ounce and half, the ſharpeſt Vineger what is ſufficient.* Make a Plaiſter.

The ſharpeſt Vineger, is Vineger of Squils, and that which may be preſently made of the Decoction of Garlick, Wake-Robin, or red Onions: or the ſaid Cantharides are bruiſed and made up

up with crums of new bread, or with Figs; then moiſten the matter with the ſharpeſt Vineger and make a Plaiſter.

Alſo a Bladder may be preſently rayſed, by dropping on ſcalding Oyl or water, but ſo that the matter may be ſprinkled through a large hollow Cane, leaſt it ſhould ſpread further than is fit: or elſe the Oyl muſt be dropped on the part that is fenced about with a Circle of Wax or ſuch like, ſo large as you deſire to make the Bliſter large.

Remedies that Root out the Cauſe that is offenſive in the whole ſubſtance.

Thoſe Bodies offend in ſubſtance, and are Preternatural by the whole kind, that ſtick in the wounded part; as Worms, Stones, Poyſons, Corruption; for theſe, are proper, ſuch things as can draw them out, kill the Worms, break the ſtone, Preſervatives againſt Poyſons, and ſuch as can remove Corruption,

Remedies that draw out: Theſe

though they muſt hold proportion with the Bodies that are faſtned in, for which cauſe ſeveral remedies draw out ſeveral matters; as the Load-Stone draweth Iron, Amber draws Chaff: and ſome are indifferent to draw out any things containd in Wounds: namely Pimpernel, Roots of Canes, Root of round Ariſtolochia, Dittany, the upper Root of Sword-flag, a Lizards Head, Bee-Glew, the Root of ſtinking Gladdon, the middle rind of the Teil-Tree, Bird-Lime; al which are put into Plaiſters, either bruiſed alone, or elſe are applyed with Wine to the wound.

Some do attribute a wonderful force to draw forth all things that are faſtned in, and that from the deepeſt parts of the body, to a Fox Toung pulled forth in the month of May and dried; and when you wil uſe it, ſteep it in Wine until it grow ſoft, and ſo lay it hot to the Wound.

Some again aſcribe the ſame force to the fat and Skin of a Hare, prepared the ſame way, but it differs ſomething from things that draw out, by the manner of application, for it draws not things

things fattened in toward it self, but drives them from it; and therefore it is not laid on the mouth of the wound, but on the part against it of the same member; as if a Blow being given to the forepart of the Head, some thing sticketh in it, they say it wil be driven out by laying the said matters to the Noddel.

Remedies for Worms.

Of these some do only kil them, and some kil them and drive them forth: of remedies that kil them, some are most fit for broad worms; some for round worms, and some for the bots. Other things there are that are contrary to all kinds of Worms, and for their singular faculty by which they kill Worms may be set down for the poisons of worms.

These kill broad worms; Garlick, Bay-berries, the Roots of formal fern, the great Turnsole, the Root of the Pomegranate, the rind of the Root of the mulberry, nigella Seed, Walnuts,

Tobacco, Vitriol; they are given in ſubſtance to one dram, or in Decoction, chiefly in Vineger or ſweet Lixivium.

Theſe things kil the round worms, and the Bots; Vineger, Juyce of Oranges, Citrons, Lemmons, Cole-Seed, Roots of Biſtort, Carduus Benedictus, Roots of Graſs, Bole-armoniac, Mother-wort the Herb, Croſs-wort the Root, Vervius, Juyce of Purſlain, Root of Divels-bit, Terra Sigillata, Tormentil, Root of Swallow wort.

Theſe kil and drive them out; all kinds of Wormwood, Southernwood, bitter Almonds, Salt Bath waters, Seeds of Citrons and Oranges, Germander, white Dictamni, the Root of both Gentians, Lixivium, Lupins, Mirrh, Horehound, peach Kernels, flowers and Leaves, Rue, Scordium, brimſtone, nettle Seeds.

Of theſe; ſome remedies are ſuddenly made that are proved by experience.

For example in drink, thus:

Take *the Emulſion of one dram of the Seeds of Citrons or Oranges prepared, four ounces of ſweet Lixivium, adding ſweet Wine two ounces.* Mingle them. *Or,*

Take

Take *Wormwood in Pouder one scruple*, Put it into an Orange that is moderately dried, with a little Sugar and Vineger; Boyl it on hot Embers, then press it out to drink.

These are accounted secrets; either the Tops of Eupatory of *Auicenna*, or of Sea Wormwood that bears Seed, given from one scruple to one dram or thereabouts, in Wine or milk or some such Liquor.

For external remedies: are presently provided, Epithems of Aloes and Mirrh, bruised with Vineger, or mingled with Ox Gaul; also Fomentations with wormwood, made hot on a fire-hot Tile, & sprinkled with Vineger, or with peach Leaves stamped with hot Vineger.

For to anoint: such an effectual Oyl may be provided.

Take *these Herbes*: *common Wormwood, Carduus Benedictus, Scordium, Tobacco, of each one handful, Root of Sowbread half an ounce, Coloquintida two drams, common Oyl two pound, sharpest Vineger half a pound*: Boyl all at a soft fire, til the moisture be consumed, press it out; add to the strained matter, *Mirrh one ounce*, in

Pouder: Boyl them again at a gentle fire til the Mirrh be diſſolved, then ſtrain them.

But theſe are the very poyſons of worms: Harts horn, Hemp-ſeed, or Leaves or Juyce, Corallina, or Sea-moſs, the Juyce of new Elecampane, the Pouder of Earth-worms, Goats-rue, Quick-ſilver well cleanſed.

Alſo common Mercury wel prepared may be given, (I ſay well prepared) to one ſcruple or thereabouts, made up into a Pill with leaf Gold.

Alſo Wine is effectual, wherein the ſaid Mercury hath been ſteeped al night or wel ſtirred with it: it is well purged for this end, and made without danger if it be ſtirred wel with the Juyce of Rue in a Glaſs Vial til it be perfectly white.

A pleaſant and effectual Vineger is provided; if in one pound of Vineger, there be ſteeped two days, Tops of St. Johns-wort one Pugil, Raſped Harts-horne half an ounce, broken Cinnamon one dram, then ſtrain it for uſe: it is taken in Sallets, or in a Spoon, with a little Suger.

Remedies

Remedies to Break the Stone.

Writers have set down, a great many more, than are approved to be good, unless we may suppose this to proceed from the diverfity of the stones: for some Medicaments break Stones in the Kidneys, by which the stones of the Bladder is not touched, nor can al those things that dissolve soft brittle stones, and that are made of Sand, not yet compacted together, break in pieces hard stones that are Glewd fast, and made of a clammy and dryed matter: again, some Medicaments break the smal Stones and that are gravelly, and drive them out by their ruggedness, which can work noe effect upon the greater Stones in the Kidneys: therefore it is worth the labour to distinguish these remedies into a three-fold order: into those that dissolve a hard stone; into those that dissolve a soft stone, and not yet fast compacted out of Sand, and into those that drive out smal stones and

and Gravel. Of all ſorts theſe are the moſt Obvious to be provided.

For ſmal Stones and Gravel.

The ſhells of Wood-Nuts, the Seed of Yellow Maſh-mallows, or Abutylon, the Calx of the ſhells of Eggs, the ſtone of Spunges, the winter ſhells of Snails, the bones of the Head of a Pike in Pouder, the ſtone found in the Head of a Snail, Crabs Eyes, ſtones of medlars, Mallows Seed, Golden Rod, theſe are given in Pouder, one dram in Broth of red Chiches,

For a ſtone that is yet ſoft and gravelly, Ammi, Roots of fullers Teaſels, the Bark of Bay-Trees, Eringo Roots, Root of an Aſh, the Root and Rind of Broom, the Seed of both Rochers of *Mathiolus*, the Seed of the leſſer Burdock, wild Mints, the Seeds of Nigella and Roſe Corn, the Rind of Radiſh, in a Decoction.

They are given in Pouder to one dram in the Broth of red Chiches, or ſome Diuretick Decoction.

For a ſtone that is hardened and grown great. The Pouder of a Bears Tooth, the Aſhes of a Calcined Graſ-

hopper,

opper, the Kernells of Cherries, borax f the ſhops, Maiden-hair with a trem- ling tail, the Aſhes, and the fleſh, and he dried Blood of an Old Cock, Cherri- ree Gum, the Aſhes of yong Swallows, he Juyce of Lemmons, the Aſhes of a are burnt Skin and all, the Aſhes of arth worms, Sow-lice waſhed in white Vine, burnt and dried, Pimpernel, axifrage, the fruit of Bladder Night- ade, or Alkekengi, the Root of axifrage, Goats Blood, alſo hares Blood and Foxes Blood dried, the Aſhes of Scorpions, and Calthrops, Roots of Nettles, the Seeds of Blew Violets; hese ſame do move powerfully, drive ut Sand, and are convenient for the oft ſtone.

Of compounds, eaſily to be provided: hese are the moſt approved, and are eld for ſecrets.

Take *Goats Blood, the Goats being firſt ept in Gardens of Saxifrage for a Month, nd the beſt Mirrh, of each half a dram, Broth of Red Chiches three ounces, Juyce of Lemmons one ounce.* Mingle them to drink. *Or,*

Take *the Blood of a Fox, taken from him when*

when he is alive, and white Wine, of each equal parts. Boyl them at a gentle fire in a Glaſed Pot, to the form of a Furmenty; give five ounces of it for eight days together. *Or,*

Take *Sows-Lice prepared one dram, Aqua vitæ half an ounce, Decoction of red Chiches nine ounces.* Pour the Aqua vitæ into the Broth, whilſt it is hot, and take this warm ſix hours before meat for nine days together. *Or,*

Take *Borax of the ſhops one dram, the Broth of Red Chiches four ounces, Aqua vitæ two drams.* Mingle them to drink. *Or,*

Take *Seeds of Blew Violets half an ounce, the Decoction or the Water of Veronica or Golden Rod ſix ounces.* Make an Emulſion to be given for ſeven days.

Alſo Take *the Juyce of Caltrops, chiefly that on the land, ſix ounces.* Drink it warm by it ſelf, or with Juyce of Lemmons, ſo the Juyce of Golden Rod drunk for ſome dayes is held moſt effectual.

Remedies that move Corruption.

Although theſe do not immediately

Root

Root out matter that is preternatural by the whole kind, but do rather yeeld assistance to Nature that labours to concoct it: yet when the matter is concocted, that it may be more soon and safely purged out, they do mediately concur also to this work.

Those things do by themselves move corruption, that do maintain the heat of the part, either by the likeness of their temper, or by the influence of their heat, hindering the stopping up of the pores:

Those things do move corruption by accident, which Repress the exceeding, of the matter, and make the Blood that is mingled so pliable, that it is overcome by innate heat.

For the parts and Constitutions that are over-hot; Boyled Onions, fat Figs, Saffron, Fenugreek, Lin-Seed, the Root of white Lillies, Frankinsence, are convenient. And outwardly, Goose Grease, Goats Tallow, Leaven, and all kinds of Rosins.

Plaisters may be presently made thus: Take dry Pitch melted in Oyl what may suffice, make a Plaister. *Or*,

Take

Take *any kind of Roſin, Tellow Wax,* [illegible] *each equal parts.* Mix them for a Cerat to which you may add a fourth part [illegible] Gooſe Greaſe, and ſo make an Unguent. *Or,*

Take *Roots of white Lillies Boyled and ſtamped, two ounces, Meal of Lin-Seed and Fenugreek of each one ounce, Saffron one ſcruple, common Oyl one ounce and an half, the Decoction of white Lilly Roots what is ſufficient.* Make a Cataplaſm.

Leaven by it ſelf kneaded with Goats Greaſe is moſt effectual.

For parts and conſtitutions that are temperate theſe are fit: Marſh-mallows, Mallows, ſweet Almonds, Butter, Yolks of Eggs: to which in outward Medicaments may be added mans fat, Cocks fat, fat of Wool, Whey, Yellow Wax, Bees-glew, Wine, Wheat Meal purged from the Bran, common Oyl of ripe Grapes, that is not too Old.

Some living creatures ſerve for Plaiſters, chiefly yong Whelps.

Of the reſt, Plaiſters may be made ſuddenly thus.

Take *Wheat Meal or Crums of Bread moderately Leavened two ounces, comm* [illegible] *Oy*

Oyl one ounce; hot Water what is sufficient. Make a Cataplasm. *Or,*

Take *Leaves of Mallows one handful, Butter one ounce.* Fry them together in a frying Pan, then beat them for a Cataplasm. *Or,*

Take Roots of Marsh-mallows Boyled and passed through a hair sieve two ounces, Meal of Fenugreek or Wheat one ounce, two Yolks of Eggs, common Oyl one ounce and an half; mingle them and make a Cataplasm.

This is an excellent Unguent to ripen corruption, and to break an Impostume.

Take the sharpest Leaven and Yolks of Eggs, of each equal parts, common Oyl and Saffron of each a little, make an Unguent, and lay it on with a Colewort Leaf.

For parts and constitutions that are cold, these are convenient: hot water powred on, water and Oyl, Milk, Barley Meal, quinces Boyled in Milk, Leaves of Blew Violets, and Bird-Lime of Apple-trees

A common Plaister is prepared of crums of bread with Milk and common Oyl

Oyl or Oyl of Roſes. or.

Take Leaves of Mallows and Violets of each one handful, boyl them and bruiſe them, adding Barley Meal and common Oyl or Oyl of Roſes, of each one ounce; mingle them and make a Cataplaſm.

If it fal out in reſpect of ill matter, that cauſeth the tumor, that there is need of ſuch things as move corruption by accident, that is, of ſuch things, that muſt equal the exceſs of the peccant matter, which otherwiſe were convenient for hotter conſtitutions, they wil be convenient for colder tumors, becauſe they attenuate and heat the cold, thick matter; and ſuch as are convenient to colder conſtitutions, will be convenient for hotter conſtitutions, becauſe they reſtrain the heat of the matter.

Whence it is clear that thoſe temperate remedies ſet down, wil be moſt fit for al occaſions, ſometimes mixt with hot, and ſometimes with cold ingredients, as the affect that wants ſuppuration inclines moſt to heat or cold.

Remedies

Remedies contrary to Poysons.

Such are properly Antidotes, that by the property of their substance, or by their whole temperament, do oppose the force of Poysons.

Those Medicaments are called so improperly, which do vanquish Poysons by some apparent exceeding quality: such are contemperating Medicaments, that are opposite to Poysons in excess.

Coolers, that are opposite to Poysons that inflame; and heating cordials that are contrary to Stupefying Poysons that extinguish heat.

Though there are proper Antidotes fit to be given for all Poysons, yet what is truly a kind of Poyson, can be known by no proper signs; whence it comes to pass that we are alwaies Ignorant of al Antidotes that are contrary to al Poysons: the knowledg whereof may therefore seem sufficient both for the prevention, and cure of Poysons.

To make the matter more clear,

there may be aſſigned three ranks of Antidotes againſt Poyſons; ſome are chiefly oppoſite to Poyſons that are bred in us; either from ſome extraordinary putrefaction, or ſome other vnſpeakable corruption, and thoſe are eſpecially uſeful in Malignant Feavers and the Plague: others afford help when we have taken Poyſon: others do cure us when we are Poyſoned by Bitings, by wounds or by ſight.

Antidotes for Malignant Feavers and the plague: thoſe that are hot are convenient for a cold Time and a cold conſtitution: but cold and temperate are beſt in hot Time and for a hot conſtitution.

The hotter kinds are, holy Thiſtle, Star Thiſtle, the Pills and Seeds of Citrons, the Root of white Dictamni, Mirrh, great Chervil, Scordium, Divelsbit, Goats-Rue, Scorzonera, great Valerian, the Root of Swallow-wort.

The temperate are; the whole Citron, the Juyce of it, as of Oranges alſo and Lemmons, Borrage and Bugloſs, Biſtort, Bole-armoniack, both Blew-bottles, Harts-horn, common Pimpernel,

Pimpernel, Cinkfoil, Scabious, Tormentil, Terra Sigillata.

Of these; some Medicaments may be made cheap enough, that are not inferiour to the most precious Bezoarticks brought from Forrain Lands.

First; this Syrup is most profitable, made of the whole Citron, which is temperate enough, and fit for all constitutions.

Take *a whole Pome-Citron sufficiently ripe and full of Sap, weighing one ounce; and break it on a Grater, the Root of Scorzonera one ounce, the Herb Scordium one pugil, Seeds of holy Thistle two drams, Water distilled out of the Juyce of pleasant Apples and Sorrell of each two pound, Spirit of Vitriol four scruples, or in the place of it, Juyce of Lemmons two ounces.* Bruise what must be bruised and make infusion for thirty hours, the Vessel being very well stopped; then let them Boyl gently to the consumption of one third part, afterwards press them out strongly; let the strained Liquor be clarified by degrees at a gentle fire, infusing alwaies some flowers of Oranges or Citrons till it be perfectly clarified; then add *fine*

Sugar one pound and an half: Boyl it at a moſt ſoft fire, to the conſiſtence of a Liquid Syrup, the Doſe is half an ounce to two ounces.

Alſo an Oxymel that is ſomthing hotter is excellent.

Take *holy Thiſtle, Goats Rue, Scabious, Bugloſs, Sorrel, of each one handful, Roots of Scorzonera, Tormentil and Swallow-wort of each one ounce, Fountain Water four pound*: make infuſion for one day: then add, *the beſt Honey one pound and an half*, Boyl them at a ſoft fire til the Honey be well puriſied; having made expreſſion and well ſtrained it, add of the *beſt Vineger*, in which the whol Citron bruiſed on a grater hath been ſteeped and Boyled, ten ounces; Boyl al at a gentle fire to the conſiſtence of an Oxymel.

Alſo an effectual Vineger may be prepared, of which one or two ſpoonfuls may be put in Broth that is altered, or taken with meats.

Take *a whole Citron Raſped with a Raſper, prepared Harts-Horn, Bole-Armoniack of a Tellow Colour, of each two drams, Roots of Biſtort, Tormentil, of each one ounce, Seeds of holy Thiſtle one dram, Leaves of Scordium*

Scordium one pugil. The best Vineger filtred, that it may cover al, about four Fingers high; bruise al the ingredients grosely, and infuse them in the Vineger, in a Vial very well stopt, and let them stand in the Sun, or in some hot stove for some days; stirring the matter dayly, vntil the Color of the Vineger do not seem to be changed any more; then strain it, and keep it for use in a Glass Vessel stopt.

This pouder is profitable for maligmant Feavers.

Take Yellow Bole-Armoniack, prepared Harts-Horn, Roots of Bistort and Tormentil, Seeds of holy Thistle, Sorrel, Citron Pills, of each one dram, Camphir and Saffron five grains; mingle them for a Pouder.

The Dose is half an ounce to one ounce, in Broth or Bolus made with Juyce of Citrons or Lemmons; it may also be put into a panada, or Ptisan: also the Pouder may be made up with a little Gum-Tragacanth dissolved in Rose Water or Juyce of Citrons, made into a hard Ball like to a Bezoar-stone, which being dried again will

hold its vertue the longer.

Outwardly the foresaid Vineger will be profitable, altered with a whole Citron to smel to, and for Epithems for the heart; being added to waters or Decoctions that are convenient.

Some say that Brimstone held constantly in the mouth, doth preserve from the Plague.

These things taken, are good for Poysons, besides those we mentioned before; amongst things that are hot; Ammi, the Roots of both Angelicas, the Root of Anthora, Annis Seed, round Aristolochia, all spices, Seeds of Colewort, Root of white Thistle, flowers of Clove gelli-flowers, Root of Crosswort.

The flowers and Tops of heath, Root of Elecampane, Juniper Berries, Root and Seed of Lovage, Turnep Seed, Wallnuts, Root of Pulemonia, Garden Rue, Root of One-leaf.

The more temperate are: Water kept in a vessel of Serpentine stone, Ivory digged up, Harts-Mushroms. The Decoctions of Acorns of the Oke Tree, Seed of St. Johns-wort, earth of Malta. The

The Pouder of those aforesaid, may be given to one ounce in the best Wine, or in warm Vineger, or both mixt together.

Compounds may be diversly provided as every man pleaseth.

It is a famous and Antient Antidote, that is made of a Walnut, with three Leaves of Rue, and a Fig taken every morning.

Also *Theriaca Diatessaron* is easily prepared for this purpose.

Take Roots of Gentian and Juneper berries, (but against Poyson I should prefer Bay-berries) Mirrh, Roots of round Aristolochia of each two ounces, clarified Honey two pound, make an Electuary.

There are also famous Pouders against Poysons and the Plague, that are easily made: as that which is called *Griseus Cæsaris*, and *Saxonicus*, the descriptions whereof are to be found in Wickerus *Lib.* 2. *Antidot. Spec. Sect.* 20.

This vineger also is good against Poysons and the Plague.

Take Roots of wild Angelica dried

in the ſhade, Juniper Berries of each one ounce, mirrh half an ounce, Leaves of Rue one pugil, Cinnamon one dram, bruiſe all groſely, and infuſe them and digeſt them for eight days in the beſt Vineger, (Roſe Vineger is better) one pound and an half, then ſtrain it, and take every morning one ſpoonful faſting.

Outwardly they commend a Radiſh cut in peices, and born under the Arme-pits, provoking the Patient to ſweat in the mean time.

Theſe Oyls are famous of the great Duke, of Scorpions of *Mathiolus*, in the Room whereof, other Oyls not ſo hard to make, and of as much vertue may be compounded. As,

Take Oyl of ripe Olives (the riper the better) three pound, white Wine ſpiced one pound and an half, Roots of Gentian, Tormentil, Maiſter-wort, Swallow-wort common Angelica, of each one ounce, tops of St. Johns-wort, Leaves of Tobacco, and Rue, of each one handful, grains of Juniper and Bay-berries of each half an ounce, make infuſion according to art for four days in a veſſel

veſſel very well ſtopt, then let them boyl til the moiſture be almoſt ſpent, preſs them out, and ſtrain them.

Againſt bitings and wounds that are venemous, inward Antidotes are convenient, mixt with cordials.

But outwardly the ſame are good mingled with attractives, that draw the Poyſon to the wounded part, and keep the wound open, til the venom be purged out; ſuch are all the hotter Agents and Rubificatives, of which we ſpeak elſe where.

But properly Antidotes are, Ammi, Seed, long Ariſtolochia, Bdellium, both Dictamni, the Roots of both ſword-flags, the brains of Dunghil-Cocks, Origanum, Pimpernel, Saxifrage, Root and Seed of the Clot-Bur, Goats-Rue, Goats-beard, and the Leaves of all kinds of Scorzonera, and the Juyce of the Roots; all thoſe are taken in hot white Wine.

The Antidotes that I ſet down againſt Poyſons taken, do almoſt the ſame thing: But this muſt be generally taken notice of, that the fleſh of any Venemous Creature layed

to

to the biting or wound, that that creature made, doth draw out the venom whence it comes to pass that the Pouder of water Serpents, but especially of Vipers is so famous, against the poyson of al Serpents; and if we may beleeve report, it is good to cure and to preserve also against al venoms, so that if the pouder be once taken to half a dram in spiced Wine; some maintain that the body is made impregnable against al poysons for many days.

This pouder is prepared three waies, and first thus.

Take the Heart, the Liver, and the three first back bones of a Viper or wood Snake, dry all in an Oven, beat them into Pouder, add the root of Maister-wort an equal part and mingle them.

Secondly Vipers flesh, the entrals being taken out (except the Heart and the Liver) must be cut, and seasoned eight days with Salt, then put al into a Sive that is wel guarded on every side, and underneath rayse a sweet perfume, four or five times a day constantly, casting

asting on fire coles, the pouder of Myrrh, Bay-berries, grains of Juniper and Cloves, and when the fleſh is found to ſmel very wel, put it into a glaſed pot, wel covered with a cover of clay, and put it into a Bakers oven, and let it ſtay there, until al the ſubſtance of the fleſh with the bones can be brought into a moſt fine pouder: the new Phyſitians aſcribe more vertue to this pouder than to the antient confections of Theriac or Mithridate.

Thirdly, Vipers fleſh being excellent wel waſhed in white Wine, ſaving the Heart, and the Liver, muſt be gently dried that it may be beaten to pouder, and ſo uſed by it ſelf.

Beſides theſe, the poyſon of mad Creatures hath certain Antidotes, with which, being taken for forty days together, the wound in the mean while being kept open, madneſs and fear of water is quite driven away. Theſe are, Madwort, the aſhes of river Crabs, the root of the wild roſe, and common Pimpernel. They are given alone or mingled from one dram to two drams, in white Wine, they are mingled profitably

fitably with the root of Gentian.

Galen provides his Antidote of part of Frankinſence, Gentian five pa and ten parts of river Crabs burnt.

Alſo ſome report, that this pou is proved by experience, to cure fear of water, given in white W from half a dram to two drams, da three hours before meat.

Take Leaves of Polypode, Rue, Ver Sage, Plantain with narrow Leav Leaves of common Wormwood, Mi Mugwort, betony, Balm, St. Joh wort, Centaury the leſs, of each eq parts, dry them in a paper and b them to Pouder.

Thus far concerning remedies th oppoſe the principal cauſe of t diſeaſe, from the taking away where the cure of material diſeaſes muſt beg unleſs there be ſomthing elſe that urgent and ſo draws the cure to it: f that muſt be preſenly taken care f neglecting the cauſe and the diſeaſe a time, if that urgent thing gives delay, but threatens the patient wi ſudden death.

Now theſe things are ſaid to ur immediate

mediately and by it ſelf principally; weakners of the vital ſpirits, in all tings and ſwounings; but medi- ly and ſecondly all vehement pains, tinual watchings, all immediate acuations, from whence there is of the diſſolutions of the ſpirits.

Theſe things urging, ſuch remedies ſtrengthen the ſpirits muſt be ſet inſt them, ſuch as eaſe pain, pro- reſt, ſtay fluxes; if the diſeaſe or principal cauſe, by reaſon of its lence, and the weakneſs of the ſick, ſometime come to be urgent; as eriſh heat in an Old man, and the ckneſs and clammineſs of flegm, in exquiſite quotidian Feaver, they quire no other remedies than ſuch as of themſelves contrary, concerning ich we have partly ſpoken, and we ll ſpeak ſomething afterwards in the mber of remedies that alter diſeaſes.

Remedies for Symptoms that are Urgent.

Thoſe remedies that ſtrengthen the rits, do refreſh them alſo, either by ident, taking away the cauſes whereby

whereby they are diſperſed, where
we ſhall not now ſpeak; or of ther
ſelves, by affording matter out
which the ſpirits may be ſoon ingende
ed, and by Corroborating the inbre
heat of the heart.

The heart is ſtrengthened with Co
dials, concerning which we ſhall ſpeal
when we ſpeak of Medicaments tha
are oppoſite to the diſeaſe in diſtempe

They afford fit matter to be turne
into ſpirits, as alſo Nutriments that ar
of good Juyce, and thin ſubſtance
amongſt which are pleaſant Wine an
ſweet ſmels, becauſe they yield thi
vapours next to ſpirits, unto the hear

In a hot cauſe, cold or temperat
ſents muſt be prepared, ſuch as ar
made of Vineger, Roſes, Camphir
Violets, Mirtils, the Pills of ſwee
Apples, and Quinſes that are grow
Yellow.

Vineger altered with theſe ingredient
is the beſt, making infuſion for ſom
hours, or gently Boyling them, alſo t
alter the Ayr, water muſt be ſprinkle
in the Chambers that is mingled wit
Vineger, and it is good for ſents to pu
to the Noſe.

In a cold cause, smels must be made of the flowers of Citrons, Oranges, Lemmons, the Clove-gelli-flowers, Jesamin, Lillies of the Valleys, Roots of Angelica, Ciperus, Garden setwal, Leaves of Calamint of the Mountain, Marjoram, Balm, Mint, Rosemary, Spik, Lavender, Time, Citron Pills, Bayberries, Juniper berries, and all kind of Spices;

The best is made of the best Vineger, or Wine altered with the foresaid ingredients.

Also the smel of rosted meat is excellent, stuck with Cloves and Cinnamon, as also Bread that is hot, and sprinkled with Malligo or some principal Wine.

For the same purpose may Oyls be provided with no great labour, from Spices, and very cheap, to anoint the Nostrils & the heart, if there be made, with clear common Oyl without dregs, and the Pouder of Cinnamon or Cloves, a matter like to Liquid Pitch; which must stand some days in a close Vessel, and then be put into a Press and pressed forth.

Such

Such as eaſe pain are threefold namely ſuch as cure by taking away the cauſe of pain; proper Anodynes, which letting the cauſe alone, yet aſſwage the ſenſe of the part; and ſtupefactives that wholy take away the feeling of it or elſe caſt the ſick into a ſleep.

Thoſe that cure, belong not to this place, for they are as large in extent as diſeaſes and the cauſes of them, by which the continuity of the part may be diſſolved.

Proper Anodynes are, Marſh-mallows, ſweet Almonds, warm water, Dill, green Chamomel, Fenugreek, Lin-ſeed, Mallows, Melilot, Yolks of Eggs, fat Broth.

Beſides theſe, for Fomentations outwardly, are convenient, living creatures their entrals being taken out whilſt they are hot, the Lungs and the kel, of living creatures, water and Oyl, greaſy Wooll, Sheeps Milk and Cows Milk hot, wheaten Bread moderately baked and yet hot.

For Unguents, Hogs fat, Hens fat, Calfs fat, Mans fat, Butter, Suet, Mucilage of Lin-ſeed Mallows, Marſh-Mallows,

Mallows, Fenugreek, and Oyls made of the said Herbs and Seeds Boyled in them.

But beside common anodines, there are some others that do properly belong to some certain parts, which therefore may be called specifical anodines.

For the pain of the Head from what cause soever, this Oyl is most effectual.

Take *the Juyce of Vervain very well purified two pound, simple Oyl of Roses one pound.*

Distil it at a gentle fire of Embers, let the distilled Liquor be poured on again, and distilled again, and so do three times; for the Juyce will mingle with the Oyl inseparably, and in that, being warm, dip in a Linnen Clout to lay to the Forehead, and anoint the Sutures.

For pain of the Teeth. The Oyl of Fox distilled by desent is extolled.

For the pain of the Chollick, a sure remedy is, one dram of a Mans Skull prepared, and taken with one scruple of Annis Seeds, in a cold cause: but with Coriander Seed if the cause be hot.

Alſo the pouder of the Teſticles of a gelded Horſe, taken to one dram, after the ſame faſhion.

This Oyl is exceeding good for the pain of the Hemorroids.

Take *Fig-wort four ounces, great Celandine two ounces, the Sponges that grow on the ſweet Eglantine, in number four, Seed of Agnus Caſtus two drams, common Oyl two pound.* Cut the Roots, bruiſe the reſt grosſly, ſet them in the Sun for a month, and keep them for uſe: Or infuſe them for eight days in a hot place; then Boyl them til the moiſture be conſumed, and make expreſſion, and after that ſtrain them.

For pain of the Breaſt, the Oyl of Lin-ſeed drank two or three ounces is ſingular.

For pain of the Joynts this Fomentation is approved.

Take *Leaves of Mallows, Dwarf-Elder and Plantain, of each one handful, Smith Water two pound.* Boyl them to the Conſumption of a third part: preſs them out and ſtrain them, and diſſolve in the Liquor, Salt-peeter purged with Brimſtone (which they cal Salt of Prunella) half

half an ounce, and dip a Linnen Cloth in it and lay it hot to the part.

Narcoticks indeed laid to the part do stupefie, but being taken or smelt to, or applyed to the head, they cause sleep. They differ in the intension of their quality, from properly called sleeping Medicaments, because these by their moderate coldness and moisture procure sleep, but those by the excess of both qualities bring out deep sleep, and if they be used too largely they cause Carus and Apoplexy.

Yet there is some degrees of these Narcoticks, for some are more gentle; the use thereof is not so dangerous; some are more violent, which must not be used but upon very urgent pains and watchings.

The more gentle to be used inwardly, are white Poppy Seed, to about one dram; but outwardly in Lotions, the Leaves of Garden Night-shade and Poppy.

The more violent, are Hemlock, white Henbane, *Mandragora*, *Opium*, round *Stramonium*; Black Henbane, and long *Strumonium*, are best to be let

alone, by reaſon of the great hurt they do to the Bowels.

Of others, are made fit ſents and Lotious for the Feet and the Head; but inwardly, only *Opium*, and round *Stramonium*, may be uſed.

The Seed of *Stramonium* is given in ſubſtance from half a ſcruple to one ſcruple, or thereabouts; but infuſed from one ſcruple to two ſcruples, it is corrected with good Wine.

Opium is given from two grains to five, corrected with Saffron, or Pepper, and ſo made into a Pill, or infuſed in the beſt Wine. *Oriental Opium* is ſomthing ſtronger than *Opium* of our Country; but becauſe outlandiſh *Opium* is often brought to us Sophiſticated, and ſometimes is ſold very deer, it were better to make it pure of our own Country; Poppy, after the way that *Quercitanus* hath taught us. Take what quantity you pleaſe of Garden Poppy Heads, that carrieth a red flower, ſo ſoon as the firſt flowers appear diſplaied; bruiſe them in a Stone Morter with a woodden Peſtle: put the matter into a ſpacious Glaſs, and pour on ſo much

of

f the best white Wine Vineger, till the atter be very wel wet, & the Vineger wim above al, two fingers breadth; let hem digest for about fifteen daies, and hen the Vineger grows red intensive-y, put the matter into a Linnen Bag, and ress it out strongly: what is expressed et it Evaporate at a gentle fire to the onsistence of Honey, and whilst it is et hot, cast it into cold water, that it ay Congulate; then take it out and ipe off the moisture.

But of compounds there are two that re the best, and easiest to be provided fall that are found in Shops.

The first is of Guajnerus for outward se.

Take Opium, *Juyce of Henbane, Juyce f Mandragora, of unripe Mulberries, Lettice, nd of Ivy Tree, of each one ounce.* Dissolve he *Opium* in the Juyces, when that is issolved, wet a Sponge in it, and dry it gain, at the Sun, for fifteen daies, when ou would use it, dip your Sponge in arm water, and put it to the Nose of he Patient, this Sponge will keep its ertue for some years.

The other serves for internal uses,

namely *Laudanum*, which in two daies time may be made. Thus,

Take *the extract of Saffron one ſcruple, the extract of the ſpecies of Diamoſchu two ſcruples, extract of* Opium *prepared four ſcruples.* Mingle them, *and with three drops of diſtilled Oyl of Cloves, ſoften it.*

The Saffron and ſpecies are extracted with *Aqua vitæ*, but the *Opium* with diſtilled Vineger.

Opium alſo is prepared, if it be cut thin, and dried at a gentle heat, ſo long until it will fume no longer, and being rubbed between the Fingers, will crumble to Pouder: the Doſe of this is from about one grain and an half, to five grains; it eaſeth pains, ſtops long Watchings, and ſtaies immoderate and ſharp Fluxes.

Alſo Narcoticks provoke ſleep, but far more vehemently than true ſleeping remedies do, by ſo much as deep ſleep requires ſtronger means than ſleep doth: whence it is, that when true ſleeping Medicaments will not prevail, we are forced to uſe Narcoticks or heavy ſleeping remedies now mentioned.

True

True sleeping Remedies, are, sweet Almonds, and the Emulsions of them, all sorts of Milk, Garden Lettice, fresh Moss of Trees, Water Lillies, great Housleek, Blew Violets, Venus Navel, and smal Wine mixed well with pure Water: the Exhibition of these is several.

Flesh Broths are altered with Lettice and Violets.

An Emulsion of sweet Almonds is made with the Decoction of Lettice; Lettice is eaten Boyled, seasoned with the Juyce of Oranges, or Pome-citrons, or Lemmons.

Decoctions are made of Herbs for Lotions of the Head and Feet.

Also an unguent may be made to anoint the Nostrils and the temples, suddenly with Oyl. thus,

Take *these Herbs, Lettice, Water Lillies, great Housleek, Garden Night-shade, of each one handful: common Oyl eight ounces.* Boyl them at a gentle fire, til the moisture be consumed; press them out, and strain them.

The Oyl of Violets and Water Lillies of the shops serve for the same use.

All those things serve to stop Fluxes, which stay the matter that is moved with an ill motion; by repelling it, pulling it back, intercepting it, and binds up the passages; therefore they belong not to this place.

Those things that are most proper to stay Fluxes, shall be mentioned in the Catalogue of astringents.

There remains therefore, to number up those Medicaments that drive away Diseases; the use whereof is most fit after the causes that are urgent are taken away: now of Diseases there are three general Heads; Distemper, ill Conformation, and Unity dissolved.

Medicaments that alter a Sick distemper of the whole Body, and of the Parts.

Though there be eight sickly kinds of distempers, four that are simple, and so many Compound; yet it is not necessary to make eight sorts of altering Medicaments.

First, Because Compound distempers

are

re cured with ſimples that alter, being
ingled together, and ſo as need
equireth they make a Compound
uality; then becauſe amongſt ſimple
ualities, moiſture and drineſs are com-
only taken away with hot or cold
emedies; for Excrementitious moiſture
s cured, both with hot things that
arefie and conſume, as alſo by cold
hings that preſs out, and by dry things
fboth kinds that ſtay moiſture.

But ſickly drineſs, being it preſup-
oſeth a want of native moiſture, which
annot be reſtored with Phyſick, but
ith Nutriment, is better cured by
ood Diet, and ſome heat reſtored in
he part that is dried, by the benefit
hereof the blood may be drawn thi-
her, and more eaſily digeſted. There-
ore it will be ſufficient to ſet down
ledicaments that heat the parts that
re over cooled, and ſuch as cool
he parts over heated: for both theſe
eing mingled together, it will be an
aſie matter to Compound an active,
mperate remedy, and which is,
mongſt the paſſives, moiſt and dry, as
eceſſity and the diſtemper that muſt

be

be removed, ſhall require.

Moreover, ſeeing there are two kinds of altering Medicaments, ſome are certain, by which ſome certain parts ſeem to be moſt affected; others are uncertain, which work indifferently upon the whole Body; it will be ſufficient to propound ſuch altering Remedies that are certain; becauſe the diſtemper of the whole Body, follows the hurt of ſome Principal part, the Remedies whereof bring help alſo to the whole Body.

Certain altering Remedies take their name from the part which they help: Cephalicks, are for the Head, Ophthalmicks for the Eyes, Arthriticks for the Joynts, Neuroticks for the Nerves, Pneumonicks for the parts of Breathing, Cordials for the Heart, Stomachicks for the Stomach, Hepaticks for the Liver, Spleneticks for the Spleen, Nephriticks for the Reins, Hiſtericks for the Matrix.

Medicaments that alter the Head.

Hot Cephalicks, and ſuch as are convenient

convenient for the Head that is over cooled, the most Obvious are these: Southernwood, Betony, Box-Wood, Calamint, Germander, Hyssop, Bay-Leaves and Berries, Lavender, Marjoram, Piony, Rosemary, Garden Rue, and Water-Rue, Sage, Savory, wild Time, *Stœchas*, Time, Misleto of the Oak, wild Setwal Root, Water of hot Baths of Brimstone drank in due order.

Of these may be made Decoctions, Electuaries, and Medicinal Wines, in the place of Confections and Conserves of the shops.

For Example.

Take *the Filing of Box Wood two ounces: Misleto of the Oak cut very smal, one ounce: common Water six pound.* Make infusion for fiften hours, afterwards add, *Leaves of Betony, Calamint, Marjoram, Sage, of each one handful: Root of Piony half an ounce: Bay Berries two drams.* Make Decoction at a gentle fire, til a third part be consumed; then strain it, and give half a pound of it at once for some daies together.

The Antients, in the cure of a distemper that was not very new, administred

niſtred their medicaments for about four days together, by whoſe example we do uſually proceed now.

Example of an Electuary.

Take Betony, Calamint, Germander, Marjoram, Roſemary, *Sage*, of each one handful, Savory, Hyſop; of each one pugil: Bay-berries and Frankinſence, of each two drams: clarified Honey four times as much: mingle them, and make an Electuary.

Give about two drams of it for many days, either before you give the decoction, or when you go to bed.

Medicinal Wines are more commended, made of the infuſion of Roſemary and Sage.

Outwardly Lotions and droppings down, either of Brimſtony bath waters, or of the Decoctions of the Herbs before mentioned, chiefly prepared in a Lixivium, to which you may ad roots of reed, leaves of Aſarum, and Ivy of the wal.

Of the ſame Herbs, adding a quantity of Frankinſence, may pouders be prepared to ſtrew on the ſutures.

Alſo fume of Time and Marjoram taken

ken by a pipe, is good, the same way hat men take Tobacco.

Lastly, Oyls may be made of the decoctions of the same hearbs, to anoynt he Nostrills, the Temples, and the Sutures.

These cool what is over hot; Black-Cherries, the skul of man burnt, barly, lowers of Privet, Purslain, Roses, lowers of Willows, the tendrells of Vines, and al things that procure sleep, of which decoctions may be made.

The water of Iron baths rightly used is excellent.

Outwardly frontalls are made of Pasca, chiefly altered with Willow leaves, Myrtills, Lettice, Violets, Night-shade.

Irrigations for the Head, are made of the same decoction or of warm Milk.

Oxyrhodina are made of Oyl of Roses, and Violets with a fourth part of Vineger.

Sents are provided of Roses and Violets. Vineger altered with these flowers is most useful, adding a little Camphier.

Also

Alſo Oyl made by inſolation, of the flowers of Willows, for to anoynt the Noſtrills, and Temples, is commended.

Altering Remedies for the Eyes.

For Eyes that are overcooled, with, or without any defluxions of thick matter, theſe things are convenient. Great Celondine, Eye-bright, Fennel, Garden rue, Vervain, whereof are made decoctions and Electuaries for neceſſary internal uſes.

The uſe of Wine altered with Eye-bright is approved.

Fomentations to uſe outwardly are made of the ſaid Decoctions, to which Pimpernel may well be added, & Fenugreek wel waſhed, alſo a little Saffron and *Aqua vitæ*.

So a Fomentation of Sea water is good with a little Saffron in it.

This following Collyrium is ſingular, to ſtrengthen the Eyes, and to diſcuſs al clouds and ſuffuſions confirmed, alſo for al cold defluxions, what affection ſoever

ever they have brought upon the yes.

Take Malligo Wine three pound, Wheat corns and Fennel ſeed, of each alf a handful, choice Cinnamon brui-ed two drams, Cloves beaten four cruples, Leaves of Rue and tops of ays half a Pugil; make infuſion for a Natural day, then boyl them at a very oft fire til a fift part be conſumed, rayn it out, ad two drams of Tutty prepared; mingle them, and when you would uſe it, ſhake the Decoction and rouble it; if it be provided for a Cloud nd a Pin and Web, ſet it up in a braſen eſſel, otherwiſe keep it in a Glaſs for our uſe.

For Eyes overheat, Cephalick reme-dies for internal uſes are convenient.

For outward uſes a Fomentation, and frequent dropping in of warm Milk is good, wherein Frankinſence ſet on fire is quenched.

If the flux be very ſharp ad the fourth part of the white of an Egg.

When the payn is urgent and the de-fluxion very ſharp, put in a little of the emulſion of white Poppie ſeed, made of the ſame milk. Alſo

Alſo make a Cataplaſm of a ſweet Apple boyled in milk and bruiſed, which wil ſurely help.

So Fomentations of warm river water in which Frankinſence hath been quenched ſometimes, are good.

Arthritick Remedies.

For the Joynts that are over cooled, theſe are convenient. Chamæpytis or ground Pine, Juniper-wood and berries, Helichryſon, Maſtich-wood, al kind of Rozins, chiefly of Turpentine, Sage, and the Root of pricking Bindweed.

Amongſt Compound Medicaments two are excellent: the firſt is the uſe of Turpentine for about fifteen daies, mingled with Groundpine and made up into Bolus. Thus,

Take *Ground pine two drams, Turpentine two drams.* Mingle theſe, and make a Bolus to take at once.

If the Body be over moiſt, it will do well to mingle with them half a ſcruple of

of Troches of Vipers, or some of the Pouders of Vipers Described: these Boles are given alone, or about half an hour before the taking of some convenient Decoction.

Another Decoction is made of the Wood of the Mastick Tree, to be taken for many daies, with a slender Diet, as necessity shall require, as for Example.

Take *Mastick Wood two ounces, Juniper or Misleto of the Oke, one ounce, Fountain Water six pound.* Cut the Ingredients and infuse them for a natural day: then add *Leaves of Betony, Herb Ivy, Rosemary, of each one handful.* Boyl them at a soft fire til a third part be consumed, then strain it, the Dose is seven ounces at a time.

Outwardly are convenient, Baths and mud of hot Baths, of Brimstone and Alum.

Also Fomentations, of the best Red Wine altered with Herb Ivy, Dwarf-Elder, Rosemary, Tobacco, and the Leaves of Mirtils, adding a little Salt and Alum.

Anointings also with Fox Grease.

Then to ſtrengthen the Joynts, the Mother of the Wine being hot, and rubbing of them with Old Oyl and a fourth part of Salt is approved.

The Turks with good ſucces do Burn their Joynts, but it is with a gentle fire not too troubleſome, for they dip a Linnen Cloath in *Aqua vitæ*, which they ſet on fire and lay it to the Joynt, and ſo extinguiſh it.

It is approved, that the pains of the Joynts though they be Old, are either cured altogether by the uſe of the following *Aqua vitæ*, or elſe are made far more gentle, and leſs frequent.

Take *the tops and Flowers of Roſemary two parts*, Aqua vitæ *rectified three parts*. Make infuſion in a Veſſel very wel ſtopt for fifty hours; then diſtil it in *Balneo*, the Veſſels being faſt luted on all ſides. Take one dram of this Water, or one ſpoonful once every week, and every morning waſh your face with it and the Joynt affected.

For the Joynts that are over hot theſe are convenient inwardly; Mens Bones Burnt, mingled with other coolers, to about one dram.

Alſo

Also the Decoction of the Wood of Mastick Tree, with Roses and Mirtil Leaves added to it.

Outwardly, *Posca* is good, chiefly with Rose Vineger and rain water Steeled, or with Smiths Water, altered with Roses, Vine Leaves, and Mirtils; to which with profit may be added to discuss the Humor, a part of the stone Prunella.

For to anoint; the Oyl of Roses, Mirtils and of Frogs is useful.

Also Remedies are presently made by Decoction, of the same Ingredients.

Such a Liniment will be very profitable to asswage pain proceeding from a hot and sharp defluxion.

Take *Oyl of Roses and Mirtils of each one ounce, the Mucilage of the Seed of Quinses, Flea-seed and Mallows, of each two drams, Wax washed often in Fountain Water, half an ounce.* Mingle them, and make a Liniment.

Remedies for the Nerves.

For the Nerves over cooled, especi-

ally these are profitable, Germander, Castoreum, the Brain of a Hare rosted, lesser Centory, Root of St. Johns-wort, Lavender, Mirrh, Pine Kernels, Dog Fennel, Primrose, Italian Spik, Sage, and Pitch-smelling-Trefoly.

Of these things, some are compounded most effectual; but especially a Decoction, such as is, that described for the Joynts, adding to it Germander, and Primroses.

Also a Bolus of Turpentine, with about one dram of the roasted Brains of a Hare, and about one scruple of Castoreum.

Outwardly these have singular use; Baths and Mud of hot Baths, that are Bitumenous and of Brimstone.

Also Fomentations of strong Wine altered with the said Herbs, adding a little *Aqua vitæ*.

For Oyntments, Oyls are made of the Decoctions of the said Herbs, wherein some quantity of Earth-Worms washed in white Wine, hath been Boyled.

Two singular Liniments are made for the cold affects of the sinews, whereof the one is excellent for the Cramp that comes

comes of Repletion, the other for the Palsey, astonishment and trembling.

The first is made of Stellions. Thus.

Take *Stellions*, five in number, or in the room of them green Lizards: infuse them alive in *Oyl of Chamomel, eight ounces*; and when they are dead, let them Boyl in it, til their flesh be consumed, then press all out, to which add the third part of the dripping of a roasted Goose, that was filled with Frankinsence, Lard, Mirrh and a little Saffron.

Another is provided of Goose Grease thus.

Take *Leaves of Germander, Herb Ivy, Sage, Primrose, Lavender, St. Johns-wort, of each one handful, grains of Juniper half an ounce, Mirrh and Frankinsence of each three drams, Castoreum one dram and an half, Saffron half a dram.* Moisten the Herbs with *Aqua vitæ*, then buise them, and with all these make a stuffing, to stuff the Goose full withall, and stick her with smal sticks of Cinnamon, then rost her on a Spit: gather the dripping up, and when no more will drop, cut up the Goose, and Boyl her in white Wine

for an hour, take off all the fat that ſwims on the top, and mingle with the former dripping.

Some aſcribe ſo much to Oyl of Earth Worms waſhed in ſtrong Wine and then diſtilled in the Sand; that they affirm a Palſey may be cured by this only.

To Sinews that are over heat the ſame things are convenient, that were ſet down for the Joynts, except only burnt Bones.

Remedies for the parts of Breathing.

Theſe Remedies, both hot and cold, which bring forth the matter that ſticks in the paſſages of Reſpiration, were ſet downe in the Catalogue of thoſe things that Evacuate the Breaſt by Spittle: for the ſame may be fitted to correct the diſtempers of the Lungs, but beſides thoſe, ſome things are Peculiarly good to heat and dry the Breaſt.

The Waters of hot Baths that proceed from Brimſtone, Drunk.

Some

Some Figs steeped in *Aqua vitæ*, until they swel, Eaten when the Stomach is empty, and as one goes to bed.

The Decoction of *Enula Campanæ*, Coltsfoot, Hyssop, Hore Hound, Lungwort, Savory, Time.

The Decoction wil be the better, if it be made with an Old Cock that is stuffed with these Herbs: also ful sweet Metheglin will be altered with the same very fitly for ordinary drink, or else make an Oxymel with them, and take two ounces every morning.

Also sweet Wine is excellent, if it be altered with Hyssop or Time.

But the use of Brimstone exceeds them all, and of Turpentine, or some kind of Rosin, but chiefly of the Larch, or the Firr Tree.

Give daily, one dram of Brimstone, but especially, that which is prepared, and brought into fine Pouder taken in a rear Egg.

Rosin is given to two drams, which is better if it be drank hot, dissolved in two ounces of Oxymel.

Outwardly are convenient, Brimstony Baths, and to stay long about such Baths

of Brimstone, in an Aire that is ful of hot Vapours, and that have a drying force.

Or lay Cataplasms to the breast, of Meal of Fenugreek, Melilot, Pouder of Hysop, Calamint, and some Brimstone mingled with Honey, and with white Wine and Lin-seed Oyl in a just quantity.

To a Breast that is over-heat; these do good, besides what was set down before, to expectorate Salt fiegm, to drink Mineral Waters that proceed from Copper and Vitriol, as also from Iron and Steel.

Use of Milk, unless some Distillation hinder, and the Decoction either of Red Sanders, or Rose Wood, especially of the Root, to be drank for many daies, with a thin Diet enclining to cold, chiefly of Barley, and the four great cold Seeds,

The Decoction may be of this fashion.

Take *Red Sanders, or Rose Wood, cut small, five ounces, Roots of Succory and Barley, of each half an ounce, Fountain Water Steeled two pound.* Make infusion fifteen hours, then let them Boyl til half be consumed,

amed, ſtrain them to drink at twice.

By the uſe of this Decoction; hot bodies that are ſubject to a Conſumption may be preſerved from it, as alſo from Spitting of Blood that is like to follow.

Alſo the frequent uſe of Conſerve of Roſes at going to bed is commended, as alſo taken in the morning on an empty Stomach, eſpecially if ſome drops of Tart ſpirits of Brimſtone be put to it.

For outward cooling, it is ſufficient to anoint with Oyl or Unguent, made of Violets.

Cordials.

There are many Cordialls to be made of the Antidotes that are preſcribed againſt poyſons that are taken, but all that I propounded were only preſervatives againſt Malignant Feavers and the Plague; but beſides theſe, there are ſome that are convenient for the heart that is over cooled, as Spices of al ſorts, Pills of Oranges, ſweet Angelica, Mary-golds, Mountain Calamint, Clove-

Clove-gelli-flowers, the Herb Cardiaca, Herb Bennet, Lillies of the Valley, Ground Ivy, Lavender, Balm, Mints, all ſorts of Bazil, Root of Butter Burr, Roſemary, Spik of *France*, and *Italy*, Mead ſweet.

Of theſe, Syrups may be made, Decoctions, Electuaries, alſo Pouders, and Spices to be ſtrewd on meats.

The beſt for this purpoſe are the Compounds ſet down before, for Poyſons taken, and ſuch as are bred in the Body and bring a Malignant Feaver.

Alſo hot Remedies to refreſh the ſpirits that I alſo propounded.

So there may be a Phyſical Wine provided which is of it ſelf a great friend to the Heart, for example.

Take *Herbs*, *Mount Calamint*, Carduus Sanctus, *Scordium*, *Goats Rue*, *Lavender*, *Balm*, *Roſemary*, *of each one handful*, *Roots of Avens*, *white Dictamni*, *Maiſter-wort*, *Orange Pills*, *of each one ounce*, *Mirrh*, *Cinnamon*, *Cloves*, *of each half an ounce*, *Saffron one dram* Beat them apart into Pouder, then put them into an Hippocras bag, and poure on the Pouder, the moſt pleaſant

pleasant white Wine six pound, five or six times: of this Wine you may give about two ounces at once; if you poure on *Aqua vitæ* so, the Remedy will be more effectual, and the Dose will be to one spoonful.

For outward Remedies, prepare bags of the said Herbs, and Spices, to be worn on the Region of the Heart.

Also Fomentations of Spiced Wines altered with the same things, alwaies adding some Saffron to make them penetrate the more.

Lastly, Unctions may be made with Oyls made of the Decoctions of the same simples, or Spiced Oyls made the same way, and you shall find this in the Title of those things that refresh the spirits.

For the Heart over heat, those things are convenient that are more temperate, that were set down against Malignant Feavers, and besides those, Ivory, flowers of Willows, Mother of Pearl prepared, Mirtils, Water Lillies, the Bone of a Stags Heart, sweet Apples, Roses, Sanders, Violets

Of these you have some Compounds amongst

amongst the Antidotes against Pestilen Feavers.

Also the use of Conserves of Violet or Roses will be most profitable, wit one scruple of the Salt of the Mother o Pearls, for one Dose.

The Salt is thus made, dissolve the Mother of Pearl Burnt, in hot Water of Borrage; adding a part of Rose Vineger, then distill them by filtring, and lastly Coagulate them, making away al the moisture by Evaporating it.

Externally Epithems are made of the water of flowers of Willows, Roses, water Lillies, adding the Juyce of Citrons or Lemmons, or Rose Vineger to make them penetrate, and if Camphire can be had readily, put in four or five grains of it. Instead of Water you may take the Decoctions of Borrage, Bistort, Blew-bottles, Water Lillies and Violets with the same Juyce, with Rose Vineger.

Stomach Remedies.

The chief heating Stomach Remedies,

ies, and eaſieſt to be got are, all ſorts f Wormwood, but eſpecially the ommon, and the Sea wormwood, e Pills of Oranges and Citrons and e Seeds, bitter Almonds, Gentian eleſs, Mints, Origanum, Roſemary, nd all Spices, amongſt which the beſt re Zedoary, Ginger, Galangal, and epper.

Of Compounds, eaſie to procure, ormwood Wine and Oxymel of ormwood are approved.

Aqua vitæ altered by ſteeping wormood in it that was dried in the ſhade, dding ſome Spices if you pleaſe.

The beſt Wine (ſuch as may be made, eing poured through Spices, ſweet eeds, or the foreſaid ſimples bruiſed) o be taken the quantity of two drams or many daies, faſting; with one or wo grains of Pepper groſely beaten.

Alſo it is good to drink the Water of ot Baths that come from Brimſtone; uch an Oxymel is moſt profitable, if ou give every day one ſpoonful, or ome other.

Take *Herbs, Wormwood, Calamint, Roſemary, Mints, of each one handful, Pills of*

of Oranges or Citrons, one ounce, Seeds Annis and Cinnamon, of each one dra Honey, one pound, the best white Wine, h a pound. Boyl all at a soft fire til t Honey be wel clarified: to the straine Liquor, add the best Vineger half pound, Boyl them to a Syrup; wh it is cold, cast in Ginger finely poudere two drams.

Also it it singular good to take ever day in a rear Egg about one dram Mastich in Pouder, with a little Ging of Zedoary.

Outwardly, it is profitable to dro down the Water of Baths of Brimstone which, when those waters are wanting may be prepared of Wine, especiall the best red Wine that is altered wit the said Herbs; of which also may b made Fomentations.

The common people use to mak excellent Fomentations of commo wormwood, Mints, Origanum, Cal mint, Lavender, of each one handfu tops of Rosemary, half a handful, com mon Oyl, and Spiced Wine, of each on pound, let them Boyl at a soft fire t the moisture be consumed, press the

ou

out, and ſtrain them, ſo keep them for uſe.

For the Stomach over heat theſe are good, the Juyce of Oranges, ſoure Grapes, Barberies, ſharp Cherries, the fruit of Cornus, Quinſes, the Juyce of ſoure Pomegranates, the flowers of the wild Vine, Hypociſtis, ſharp Apples, unripe Mulberries, ſharp Pears, wild Plums, and the Juyce of them, baſtard Corinths, Roſes, Services, the Juyce of Rhus or Sumach, Sorrel, Trifoly, Gooſeberries, ſharp Wine well mingled with water.

You may give the Juyce or Decoctions of the ſaid fruit and Herbs, with an Emulſion of the four great cold Seeds.

Alſo it is very convenient to give Aſſes or Goats Milk tempered with about a fixt part of ſome of the ſaid Juyces, leaſt it change into a burnt ſmel.

Moreover, to drink of Bath waters that proceed from Copper, or Vitriol, or Iron, is wel approved; ſuch waters as are in *Italy*, are called *Chalderianæ*, *Lucenſes*, *Niceranæ*, and the *Bleſſed Virgin in Mount Ortho*. Outwardly,

Outwardly, Fomentations may be used, and Epithems, or the Decoction of Roses, Myrtles, flowers of wild Pomegranates, Quinces, Pomegranate Rinds, Hypocistis, the wild Vine, adding to them some Rose vineger.

A most profitable Plaister may be made of the pulp of a Quince, boyled in Rain water, or steeled water, sprinkled with a little pouder of mastich and red Roses. Instead of Quinces, you may take sharp Apples.

Ointments may be made of Oyl boyled with the said Herbs, til the moisture be consumed, alwaies adding a little wax, washed sometimes in *Posca*, that the force of the Remedy may stick the longer to the place affected.

For a dried Stomach, where there is want of inbred heat, nothing is better than milk taken for many daies, about five or six hours before meat. You must take it by degrees from four ounces to six ounces or thereabouts, new milked, and with about a fourth part of Honey that it Wax not soure.

Outwardly, Fomentations are good made chiefly of Oyls, that are not very hot

hot, or else received into moist Wool.

Also Pications are useful, made with Pitch melted with a little Oyl of Wormwood, and laid upon the part until it wax a little red; in the mean time the Stomach must be cherished with a yong Puppy, or your own hand, or a yong Maid lying upon it all the night.

Remedies that alter the Intestines.

The same Remedies almost are good for the Intrals, as are for the Stomach, by reason of the Affinity of Parts, and Propriety of their Substance.

But for the Intestines over cooled, as it fals out often in the Collick, especially these do profit: Cummin Seed, Bayberries, Rue, and the Pils of Oranges; the Pouder of them may be given to one dram in spiced Wine, or an Emulsion of the Seed of Citrons, or Oranges.

The most commendable is, Wine that is made Physical with the long steeping of Orange Pils, both to cure

the pains of the Collick, and to preſerve one from it, if it be dayly uſed.

Theriaca Diateſſaron, is excellent for the ſame, as it is deſcribed amongſt the Antidotes; one dram of it given alone, or with ſpiced Wine.

The ſame things may be given in Clyſters, in any of theſe forms; to which you may very wel add Oyl of Nuts, the Decoction of Coloquintida, and Turpentine, or Rozin of the Fir-tree, or Larch-tree, diſſolved in Oyl.

As for Example:

Take *the Decoction of Chamomel, Bay-Leaves, Colequintida bound up in a skin, one pound: Oyl of Bays, or Oyl of Nuts, three ounces: Crude Honey, and Turpentine, of each two drams: Common Salt two drams:* mingle them for a Clyſter.

Outwardly, Unctions of Oyl of Bays, and Rue, are principal good; as alſo the mud of Baths from Brimſtone.

For the Inteſtines over heat, theſe things are profitable: All things that cool the Stomach, and the Liver; but the chief are Bath-waters proceeding of Copper, and Vitriol, and Iron, drank with an empty Stomach.

Milk

Milk added to Clysters, and often bathing the middle *Abdomen* with *Posca*, that is somthing cold; with which Remedies the pains of the Intestines proceeding from thin, and most sharp choller, are easily and soon abated.

For the Liver over cooled, these are convenient; Wormwood, Agrimony, Germander, al the Gentians, Lavender, the wood and berries of Juniper, Poley, French Spike, and Italian Spike, to which ad Spices, and the hotter Diuretick s.

Amongst Compounds, strong Wines are most approved, made Physical with wormwood, and Spices, such as were set down for the Stomach.

Also the Decoction of Juniper wood, is excellent, adding the tops of wormwood, which wil be more pleasant if you add a quantity of clarified Honey, chiefly if it be boyled with the best wine to the consistence of a Syrup; for by this means, divers Decoctions may be made of hot Diuretick s and Spices, alwaies adding wormwood to them.

Outwardly, Fomentations will be good, made of spiced wine, altered with

the foreſaid Ingredients.

Alſo the mud of Baths that come from Brimſtone.

Oyntments are made with Oyls compounded of the ſame Simples by Decoction, ſuch as were deſcribed for the Stomach.

Laſtly, Little bags made of the ſame things put into a fine cloth, and worn upon the Region of the Liver.

But for the Liver over heat, theſe are the beſt amongſt Simples: Sorrel, Succory, the pulp and ſeeds of Gourds, Citruls, Endive, Liver-wort, Hawkweed, Barley, al ſorts of Docks, Lettice, Milk (if there be no obſtructions, nor a Feaver) chiefly that which is ſour; pulp and ſeeds of Apples, Purſlain, wild Endive, Sow-thiſtle, Dandelyon, Sorrel, Trefoyl, whey of milk alone, or with an Emulſion of the four great cold Seeds.

Decoctions are made of Herbs in water or broth, or the Juyces are preſſed out, which are kept til winter, both clarified and thickened: they are mingled from one ounce to two, with broth in winter time; but theſe from one or

two

two drams, are either mingled, or made up into Bolus, or else are dissolved in some Liquor.

Also Herbs are eaten, boyled after the manner of Pot-herbs, in water, or flesh-broth.

A Ptisan is made of Barley, which is made the more pleasant, made white with the Seed of Melones or Gourds: the use whereof is good also in a Panatella.

To all these, Natural Mineral waters may be added, that proceed from Copper, Vitriol, or Iron, that were mentioned to temper the heat of the Stomach; for there is nothing better to cool the Liver, than the orderly drinking of these waters.

Outwardly Epithems are convenient, of Juyces, and the Decoctions, especially of Cichory, and Sow-thistle, with an eight part of Rose Vineger, or common Vineger, in which a little wormwood and Roses have boyled.

Also an Oyl to anoint with, may be prepared of Violets and Roses, which would be more effectual, made with the Decoction of the Herbs mentioned,

with common Oyl, til the moiſture be conſumed.

But a bath of ſweet water, is better than any Remedy, uſed for the whol body after due Evacuations, unleſs a Feaver hinder.

For the Spleen over cooled, theſe are proper Remedies; Seed of Agnus Caſtus, borrage, bugloſs, roots and rinds of Cappars, ſtone-fern, Dodder, root of Fern, ſeed and bark of Aſh-tree, Fumitory, the ripe berries of Ivy of the wal, Harts-tongue, the flower and root of Hops, root of water fern, Tamarisk, Time, Teucrium. The Pouder of theſe may be drank to one dram for forty dayes in wormwood wine, or ſteeled wine, or Smiths water.

Of theſe may be made Decoctions ſuddenly, Phyſick wines, and Electuaries.

The Decoctions of Aſh wood are excellent, and Tamarisk, Mountain Teucrium, and Germander, eſpecially made with water wherein new ſteel hah been quenched, or with Smiths watr clariſied.

Some make theſe Decoctions wit vineger

Vineger, but chiefly wherein Raisins have been steeped, to diminish the Spleen that is grown too great: if Vineger of Squils be at hand, it were good to mix it with the Decoctions, to half a spoonful.

Wines are prepared by the infusion of the same Herbs, and they wil be better, if you add steel that is prepared with Brimstone, which preparation may be made suddenly, as for example.

Take *Leaves of Germander, Dodder, wall Ferne, Fumitory, Buglos, of each one handful, Seeds of Ash, berries of Ivy of the Wall of each two drams, Time and Wormwood of each one pugil, Steel prepared one ounce, the best white Wine three pound.* Make infusion in the Sun or some hot place for eight daies, stirring the matter alwaies once and again; then strain the Wine and take every day four ounces, four hours before meat, and before ordinary exercise.

Electuaries may be made of the same herbs, adding prepared Steel to them, or Ammoniacum, and four times so much Clarified Honey.

Some there are that ascribe a wonderful

derful effect to Ivy berries poudered and mingled with honey to an Electuary, or drank in Wine or Broth of Chich Peaſe to one dram for forty daies.

Outwardly are convenient, Fomentations of the Decoctions of Emollient Herbs, adding thereto the Roots of Briony and Sowbread, Ivy Leaves, and Tobacco, dwarf Elder, and wormwood to corroborate the parts, with ſome quantity of white wine and vineger, in the end of the Decoction to make the better penetration.

The Fume of this Decoction received is good, by quenching in it a piece of a fire-ſtone, or a mil-ſtone.

Alſo Fomentations made of Hemp Yarn boyled in a ſtrong Lixivium, and being laid hot and moiſt to the part, are exceeding profitable.

Alſo the mud of Bitumenous Baths uſed for fifteen or twenty daies, is commended.

After Fomentations, let the parts be anointed with Oyls made ſuddenly, by boyling together, or elſe apart, Sowbread, Briony, Cappars, flowers of Broom,

Broom, Tobacco, Ivy Leaves, Coloquintida, in common Oyl with white wine and vineger; til the moiſture be conſumed, adding ſome wormwood, or bitter Almonds to preſerve the ſtrength of the part.

After convenient uſe of Fomentations and Oyntments, apply a Cerate to the part, as that which is uſual, made of Ammoniacum diſſolved in Vineger of Squils, or provide ſomthing of the ſame faculty, of the pouders of the ſaid Simples, adding ſome little of the foreſaid Oyl, to a ſufficient quantity of the Pine-tree Rozin, or white Pitch, and new Wax.

Alſo Bee-glew is commended that is yet ſwelling with Honey, bruiſed by it ſelf to the form of a Plaiſter, adding a little Maſtich to help the ſtrength of the part.

To this place appertains a little bag, that is ſtuffed with equal parts of wild Cucumer, pulp of Coloquintida and wormwood laid to the Spleen.

Theſe cool the Spleen that is overhot; the ſame that were propounded for the Liver; but there muſt be ſome temperate

temperate Attenuatives added to them by reaſon of the thick Juyce the Splee is nouriſhed with.

Such are, Strawberries, Maidenhair Hops, Sparagus, Trichomanes, vineger Smiths water clarified; with which Decoctions are altered, Fomentation and Epithems; not forgeting to add ſome wormwood to outward Remedies, to ſtrengthen the part.

The ſame things belong to the Reins and the Bladder, by reaſon of the community of their office, and nearneſs of the parts.

Therefore, for theſe overcooled, all thoſe hot Diureticks laid down in their proper place, are profitable.

Alſo Betony, Chamomel, the Root of long Cyperus, added to the Decoctions and Electuaries.

But theſe are judged to be better to heat the Urinary paſſages; water Baths that proceed from Brimſtone, drank, for many days together, faſting, to ſome pound weights; putting in ſome ſmal quantity of Annis Seed or Fennel or the like Diuretick in Pouder, for the firſt Cupp, or ſome Roſin of the Larch

Firr Tree, to about two drams, taken Bolus, either by it self, or with some ttle Pouder of some of the hotter iureticks.

Also white Wine of the best, altered ith some of the hotter Diureticks is ost convenient for this busines.

Outwardly to sit in waters of Baths, hat proceed from sulphur is an appro-ed Remedy.

Fomentations of the Decoction of hot Diureticks, with hot white Wine.

Oyntments, with Oyl of Bays, or ome such like, prepared presently; you ave an example of it amongst the Diureticks.

Cataplasms are commended, made of Onions and Garlick Boyled with white Wine, and bruised, and laid on by themselves, or sprinkled with the Pouder of Cummin Seed or the like.

Clysters made with the foresaid Oyl are often to be given hot, and with Wine altered with Chamomel, Bay Leaves, Penniroyal, wild Time, and such like heaters that cause Urin.

Add to all these strong Motion, by riding, running, Walking; whereby the Region

Region of the Loyns is heated.

But for the Reins over-heat, these things profit inwardly; Decoctions of the fruit of Alkekengi, Marsh-mallows, Sorrel, Barley, Lettice, Mallows, water Lillies, Purslain, Grass, Roots of Sowthistles, with the Emulsions of the four great cold Seeds, or the Juyce of Lemmons.

Moreover Clarified Whey, with the Emulsion of the four cold Seeds.

Also steeled Milk unless some obstruction of the Reins hinder it.

Drinking of sharp Mineral waters, of Copper, Vitriol or Iron, such are in *Italy* the *Lucenses*, *Noceranæ*, *Chalderianæ*, and at *Padua*, of the blessed Virgin.

Also to eat Strawberries, Lemmons Melons, Citruls, Gourds, Barley, Lettice.

Outwardly, doth profit, a Bath, to sit in of sweet waters, chiefly altered with Violets, Pellitory of the wal, Lettice, Mallows, the Decoctions whereof are also profitably given in Clysters.

In the place of Baths, Epithems are good of warm Milk, either alone, or with the Decoction of Mallows, or of the

e foresaid Herbs, adding Juyce of emmons to them to make them pene-ate.

When heat is urgent; add the Leaves Houseleek, Garden night-shade, and lkekengi, and sometime of white enbane, to the Decoction.

The most effectual is the Juyce pres-d out of the inward scrapings of the ourd, either alone, or laid on with ther things.

Also sudden Oyntments may be pre-ared of Oyls, wherein are Boyled, the owers or Leaves of water Lillies, Blew iolets, Damask Roses, green Frogs.

Upon urgent necessity, (which falls t in an exquisite Diabetes) the Seeds white Poppy, and white Henbane, t of which also Oyls are made by ex-ression, very effectual for the pur-ose.

Apply to the Reins, and the parts out, fresh Leaves of water Lillies, hen the party goeth to bed, and let m wear in the day time, in the place them, a thin plate of Lead, or a mple Cerate, made of Yellow Wax, ten washed in Rose water, or the said

Decoctions

Decoctions and Oyls, which muſt be often taken off, leaſt growing hot by the Cloaths upon it, it may foſter the heat of the Reins.

Remedies for the Matrix.

No cold things of themſelves are kindly to the Matrix (becauſe it is the place of generation) yet if it ſhall ſtand in need of them, when it is over-heat, they are neceſſary for to help it, which are ſet ſown to help the Reins and the Liver; only with this caution that to outward Remedies, ſome things muſt be added that cheriſh the natural heat of it, and foſter its peculiar property.

But when it is over-cooled, theſe principally are convenient; among common things, Mugwort, Angelica, Calamint, the Root of long Cyprus, Daucus, white Dictamny, Nip, Leaves and Berries of bays, Lavender, Fetherfew, Marjoram, Balm, Garden Mints and wild Mints, and Greek Mints, Origanum, Poly, Penniroyal, Roſemary,

mary, Rue, Savory, Sage, wild Time, French and Italian Spik, sweet Tansey, Time, and all Spices, amongst which the best are Cinnamon, Saffron, Galanga, Mirrh, Mace and Nutmeg.

The Pouder of these may be given, to one dram in Spiced Wine or Broth, or else Electuaries may be made of them, adding thrice as much of Clarified Honey.

To this end serve all kind of Aromatical Spices, that may be had at cheap rates, of which take one dram in Wine.

But Decoctions and Physical Wines are preferred before other Medicaments, because by reason of their moisture they can more easily be conveyed to the Matrix.

The best Decoctions are made of Pidgeon Broth, the Belly of the Pidgeon being stuft with the said simples, as for Example.

Take *Herbs, Calamint, Penniroyal, Balm, Mints, of each one handful, tops of Rosemary and Lavender, of each one pugil, Bay-berries, Nutmeg and Galanga, of each one dram.* Cut the Herbs and bruise the rest grosly, and

and put them together within the belly of a Pidgeon; then boyl them in water sufficient at a very soft fire, until the flesh be perfectly boyled; then press all out strongly, and strain it: give two ounces of it, or thereabouts, daily for many daies.

Physick Wines are made by the Infusion of the said Ingredients, or by thrice pouring the wine upon the said pouders put into a long bag.

Women use to provide Wines by Decoction, and that presently, but they are not so effectual, because the thinner parts are evaporated.

Also to drink the water of Baths from Brimstone seasonably, doth wonderfully maintain and correct the heat of the Matrix.

Outwardly do profit, Insessions, Bath waters from Brimstone, or Baths altered with the said Herbs, putting into the Matrix a hollow Pipe, that by that, the force of the Medicament may come to it.

The same Liquors, as also Physical Wines are conveniently used, conveied by injections to the secrets.

Also

Also Fumigations of Spices and sweet Herbs are good.

Pessaries are commended, such as may be presently provided, Thus.

Take *the Pouder of Bay-berries and Rue, each one dram, Mirrh half a dram, Juyce of Fetherfew or Peniroyal or Spiced Wine one ounce.* Mingle them, and with carded Wooll or Cotton make a pessary. *Or,*

Take *the best Honey one ounce, Juyce of Mugwort half an ounce.* Boyl them to a fit consistence, then add Pouder of Galanga, or the Spices of vulgar Aromaticks one dram: mingle them for a pessary.

Also Fomentations must be applyed to the lower part of the Belly, with Spounges, pressed out with mineral waters, or of the Decoctions of the foresaid simples, chiefly in strong Wine.

But no Fomentation is better, than the mud of hot Baths applyed to that part for some daies.

Anoint the same place with Oyl of Spik, Bays, Rue, and other things made of the Decoction of the said simples, as for example.

Take *Herbs Calamint, Marjoram, Fe-*

therfew, Mints, Lavender, of each one ha ful, Bay-berries and Galanga, of each t drams. Pound what must be pounde and infuse all in one pound and an h of common Oyl and half a pound Spiced Wine for six hours, then Bo them at a soft fire till the moisture b consumed.

Some ascribe a peculiar vertue t strengthen the Matrix, to Santolin which *Mathiolus* makes to be Fœma Southernwood.

And these are the most common an ready Remedies to alter, whereby th distemper of every part, and of th whole Body may be corrected.

Remedies of Diseases in ill Conformation.

Due Conformation, convenient Mag nitude of the Similary parts, of which the Organ consists, do make the Con stitution of the Organ; also convenient and fit number to which apt connexion is referred: therefore we shall Recite four chief heads of faulty composition, namely,

mely, a Disease in conformation, in agnitude, in number, in Scituation. There are four ill accidents that befal onformation: namely, in figure, the sensible passage, being open or shut, avity or sensible passage being enlar-ed or streightened, and the superficies eing smooth or rough.

A Disease in figure hath no Remedies hat are proper for it, but it is either ured with the help of Chirurgery, or ith Medicaments that respect other Diseases, on which it dependeth. For is made either by faulty Conformati-n in the Womb, or violent motion in he birth, or the unskillful swathing by Midwives, or walking when the Legs are weak, disjoyntings, and errours of he Chirurgion in curing Fractures and Luxations, which want the help of Chy-rurgery, but of those we do not speak in this place.

But the part brought again to its due Conformation is strengthened out-wardly with Fomentations and Cerates, which are made of Astringents, but chiefly those that are hot, and shall be described very shortly.

Now if the figure be ſpoiled by too great *Repletions*, or extream in any Emptines, or by ſome inclinations of one part toward another, by reaſon of a Palſy or Convulſion, as it falls out when the Nerves or the Tendons are cut, or from ſome hard Cicatrice, or great ſwelling; it is cured by ſuch Remedies as empty, ſtrengthen the Nerves, ſoften hardneſs, of which we ſpak already, alſo with ſuch as refreſh the part that is too empty, and ſuch as glew diſſolved unity, of which afterwards.

Rarity, or the opening of the inſenſible paſſages which Men cal Poroſities, which in great Joy poured forth, and Diaphoretical ſweatings, is often the cauſe of death, it is cured by Coolers, Aſtringents, and Emplaſticks, or ſuch as draw up the pores.

Such things as are moſt obvious to be applyed outwardly; are the ſprinkling with cold water and ſo much the more if it be cooled with Snow, or Ice, or firſt altered with cold aſtringents, of which we will ſpeak afterwards.

Anointing of the Body with Oyls that are actually cold, eſpecially of unripe

unripe Olives, or altered with cold astringents, as Roses, Quinces and the like,

Also the coldest Ayr is best, that with the cold of the Ayr, the pores may be contracted.

If these things Suffice not, lay on Burnt Gip with cold water, as a crust upon the Body.

If Rarity possess the part, as when by reason of rarity of the yard, the spirits cannot be conteined in the hollow Nerve, to cause strong erection, those Astringents that shall be by and by propounded must be applyed to the place affected, especially hot, because so they strengthen the more.

For the Density or astriction of those passages, if it proceed from any matter that is impacted, hot detergents are most convenient, and such as attenuate, which shall be propounded to take away obstructions that come from thick matter that is impacted.

If it proceed from cold and drines, things that are moderately hot and that attenuate without drying are needful, of which there is notable use to dispose

the Body to neceſſary ſweating, and to make the Body tranſpirable, which is procured to drive away the interna corruptions of Feavers, and to take off all *Cutaneous* ſpots.

Such are Baths of warm water, Fomentations of water and Oyl, or warm water, chiefly altered with Dill, Chamomel, Marſh-mallows, Roots of white Lillies, Lin-ſeed, the flowers of common Jaſmin, and wall-flowers, Boyled till half be conſumed.

Alſo Unction may be made with Oyl very hot, firſt rubbing the part ſoftly, or let the Body be gently rubbed with the Palm of the Hand, dipt in the ſame Oyl, or ſome Spiced white Wine, adding one half of the Decoction of Violets and Mallows, in common water, if there be a ſtrong Feaver preſent.

Alſo the rubbing it ſelf with ſoft Cloths, taketh away the thickneſs of the Skin, and Cupping Glaſſes do it more effectually, with or without Scarification.

Alſo for the Amplitude, or Laxity and Dilatations of the Cavities or ſenſible paſſages, aſtringents are conveni-

ent,

nt, which do ſo much the more forcibly thicken them, as the paſſages are ſmaller.

The matter of aſtringents is of very long extent; they may be reduced to three Ranks, where the choice of every one for uſe may be eaſely found.

Some do but a little bind, the uſe whereof principally is to corroborate the parts, and they do bridle excretions, which are not altogether unprofitable, yet by their quantity and continuance, they may weaken the ſtrength.

Some do moderately bind, which have a principal force to repel all Fluxes from the parts that receive them, and to ſtay all Fluxes that are hurtful.

Laſtly, ſome aſtringents do compact the parts that are looſened, and are to be uſed, when by the force of the defluxion, and vehemency of Evacuation, there is imminent danger; as it falls out moſt commonly when the matter that flowes is very thin, and comes through paſſages that are very much looſened with the continuance of the defluxion.

In a cold cauſe let ſuch Remedies be made choice of, that bind with heat, or without any manifeſt coldneſs.

But in a hot cauſe thoſe things will help which work by cooling.

And of all kinds of aſtringents, theſe will be moſt eaſely provided for ſudden Remedies.

Upon a cold cauſe theſe bind a little; all kinds of Wormwood, but eſpecially Sea Wormwood, Egrimony, Betony, Coleworts wel Boyled, Coriander Seed, Cummin Seed torrefied, the Root of long Engliſh Galingal, the Hulls of Beans, Maſtich wood; and Leaves, Garden Mints dried, Maſtick, Rice dried, Roſemary, Sage, common Scabious, Frankinſence, Roſin of the Larch-Tree or Firr-Tree Boyled hard, ſharp Wine, or any other Wine ſteelled.

The dry Pouders of thoſe are given inwardly, by themſelves in ſharp Wine to one dram or thereabouts and ſomething more.

Alſo Decoctions of Phyſick Wines, amongſt which, the beſt is Wormwood Wine, or made of Maſtich wood, or Maſtich,

Mastich, or Rosemary, or Sage.

Also ordinary drink is profitably altered with the Seed of Coriander and Mastich, and the said Pouders are strewed upon meat.

For an inveterate Gonorrhea without any heat of Urine, the said Rosins Boyled in Rain Water, or steeled water, taken for many daies fasting, are profitable, and made into Pills to one dram, with one scruple of dried Mints or the Seed of Agnus castus.

Also one scruple of the Pouder of Mastich taken for some daies in a rear Egg four hours before dinner, will stay the same.

The same Pouder taken the same way, if you drink a draught of wormwood Wine after it, staies an Hepatick flux properly so called, and Old fluxes of the Belly, and vomiting also that proceeds from the weakness of the Stomach.

Outwardly Oyntments may be made of common Oyl of unripe Olives (they cal it Omphacinum) or of Oyl of ripe Olives altered with wormwood, dry Mints, Rosemary, or Mastick wood, or Mastick.

Or

Or Liniments made presently, such as this following is.

Take *Mastick in Pouder one dram, common Oyl one ounce, Yellow Wax, what is sufficient.* Mingle them and make a Liniment.

Little bags are made of Cummin Seed torrefied, and Rice dried at the fire.

Or moist Fomentations of sharp red Wine, that is altered with the said Herbs.

Or a Cataplasm of the shells of Beans, dried Rice, the Pouder of Wormwood, Oyl and sharp Wine.

Of Mastick and Frankinsence, Cerats are made, adding to them Oyl of wormwood and Rosin of the Pine-Tree with Yellow Wax what is sufficient.

For long continuing defluxions of the Eys. It is good to wash the Eyes often with the best white Wine, in which Frankinsence set on fire, hath been thrice quenched, adding a third part of River water, if the defluxion be sharp.

These bind Moderately, Bean meal heated at the fire, eaten in meats, Chesnuts,

nuts, Avens, Black Knapweed, the green shells of Wallnuts, Lintels well Boyled and the Juyce, the Roots of Water-fern.

Also the Pouder of the Black Grape half ripe dried in an Oven, taken one dram for many daies in Wine that is a little sharp, is propounded by *Septalius*, as a great secret to cure an Hepatick flux, also it cureth the flux of Women, being taken in Aromatical Wine made Physical with Rosemary, Sage, or Mints.

For the hot affections of the Jaws, this doth profit singularly, the Decoction, or the Juyce of the green Rinds of Wallnuts for a Gargarism, for which purpose a Syrup is made with Honey and the Juyce Clarified.

The Juyce of Lintells well Boyled, taken with a little of the Pouder of Galanga, or Nutmeg, in the morning, four hours before meat, cureth vomitings and scourings that proceed from the weakness of the Stomach.

Avens, and the Root of water Fern Boyled in Red wine, or beat into Pouder, is singular good against the falling

out

out of the Intestines and the Matrix.

Outwardly, Mill dust added to Plaisters is good against Pissing of Blood.

Earth worms in Plaisters are good for the Nerves that are wounded.

Salt and Roch Allum, put into Decoctions of Red wine, are for to corroborate the parts.

Baths of Allum and Gip, (such as are in the Mountain of Grattas in the field of Padua) are good to strengthen the Limbs that are distempered by long defluxions.

The mother of the wine hot, is commended to corroborate the Joynts.

The crum of bread tosted and sprinkled with strong wine, and with the Pouder of wormwood or Mints is good to fortifie a weak Stomach.

These bind strongly, great Sanicle, Garden dropwort, especially the Root, all the Cranes Bills. especially Pidgeons Foot, Herb Robin, Mouse-ear.

The Decoction of these is given, or the Pouder to one dram

Also the Pouder of a Spunge burnt is most effectual, and the inward Skin of Chestnuts.

Of

Of the Juyce of Herbs, and the Pouder of Roots mingled, bread may be made, baked ſo hard as Biſquet, which being beaten into Pouder may be mingled with meats, to be taken without loathing.

Outwardly Fomentations are prepared of the Decoctions of Herbs, with ſharp wine, adding ſome Allum to them.

The Juyce of the fruit of Guajacum of Padua, when it is half ripe preſſed forth through a Linnen Cloth, or received by a Spunge, ſtayeth the moſt deſperate flowing of the Hemorrhoids; therefore it may be thickned with Allum, and be kept for uſe.

Alſo Goats-dung beaten with Vineger and laid on, ſtops all fluxes of Blood.

The Leaves of common Nettles beaten til the Juyce come forth, and put into the Noſtrills like a Tent, ſtayeth bleeding at the Noſe be it never ſo Violent.

But in a hot cauſe theſe bind a little; Rain water, ſteeled water, water of Mineralls of Iron, ſuch as is the water of Padua, of the Mountain, *Ortho.*

Vineger,

Vineger, Poſca, Root of Succory, Leaves of the Cypreſs Tree, dried Strawberry Leaves, Barley torrefied; of which a Ptiſan may be made with ſteeled water, ſteeled Milk, Tree Moſs, Mirtills, Purſlain, the Clot Burr, ſpotted Arſ-mart, Pear Tree of the Orchards, ſour Prunes, the Leaves of Sloes, Pond-weed, the flowers of Roſes, eſpecially the red, the Seed, Down, Cups and Root, the flowers and Leaves of Willows, Houſleek, Mullen, the Leaves and Tendrells of Vines, Venus Navil.

Of theſe may be provided chiefly Decoctions, amonſt which againſt inveterate defluxions the Decoction of the Roots of Roſes in ſome of the foreſaid waters is excellent.

Alſo this drink, by certain experience ſtayeth in one day every hot excrementitious Bloody Flux of the Belly.

Take *the Juyce of the greater houſleek and ſpotted Arſ-mart of each three ounces.* Boyl them to the Conſumption of a third part, and give it in drink.

Outwardly may be prepared Fomentations, Baths, Emplaiſters, Epithems, and

and other forms of Medicaments, as need requires.

These bind moderately, the Juyce of Oranges, Citrons, Lemmons not ripe, wilding Leaves, Leaves of wild Pomegranates, Barberries, Sheppards purse, the inward Rinds of Chestnuts, Cistus, Dog Tree, and the fruit of it, the fruit of the Cypress Tree green or not yet ripe, flower of the Sun, Acorns and their Cups, Herb-trinity, Hypocistis, the flowers of the wild Vine, the flowers of the purple water Willow, all the Sea Lavenders, the common Bloodstone, sour Pomegranates, Quinces, Pomegranate Rinds, Nose-Bleed, unripe Mulberries, Leaves of the Olive Tree, Adders Tongue, Plantain, wild Pear Tree, the fruit of the bastard Cotinths, the Leaves of Brambles, unripe Mulberries, Sow-wort, Iron-wort, Yarrow, all Medicinal earths, the Elm, Golden Rod, and all these almost may be found in most places.

The dry Ponders of these may be given to one dram, in Bolus, or drink, or some convenient liquor.

Decoctions may be made of the Herbs,

Herbs, but the Juyces are more effectual, the Doſe whereof is from one ounce to two ounces.

Theſe are held for ſecrets to ſtop all fluxes of Blood, the flowers of purple Looſe-ſtrife to one dram, given ſeveral times in ſharp Red Wine.

Alſo this Syrup; Take *the Water of Knot Graſs or Yarrow five ounces.* Let the Blood-ſtone be ſo long in this Liquor, til the Liquor be of a colour like Blood, then add to it the Syrup of Quinces or Pomegranates one ounce, mingle them for a drink; or in the place of a Syrup put a little Sugar, to make it Penetrate, and ſome Juyce of Lemmons, or ſharp Pears, or ſome other that is of a pleaſant taſt.

To ſtop the Laſkes of the Belly and vomiting, make a great hollow in a Quince, or ſome ſour Garden fruit, (Apples of an Iron colour are beſt) and fill it with white Wax, put it into a Paper and roaſt it in the Embers, give a peice or two of this ſtrewed with the Pouder of unripe Mulberries, a little before meat.

For to ſtay Piſſing of Blood.

Take

Take *the Decoction of Golden-Rod in Rain or ſteeled water, four ounces, the water of the whites of Eggs two ounces, Juyce of Lemmons two ounces.* Mingle this to drink.

For outward Remedies, Oyls are made ſuddenly of the Decoction of Quinces, Cypreſs Nuts, and of the Pine-tree, and other Herbs, adding Poſca to it: let them be Boyled til the moiſture be conſumed; the uſe of theſe is for Oyntments or Unguents, with which, Litharge Boyled in Vineger may well be mingled.

Epithems may be made with Poſca and whites of Eggs.

Fomentations and Inſeſſions of the Decoctions of Herbs.

Defenſatives for wounds, are made of Bole-Armoniack, or any other Medicinable Earth, and the common Blood-ſtone; being mingled and ſtirred with the whites of Eggs to the conſiſtence of a Liniment: the Sediment of a Whet-Stone affords matter for a Plaiſter to ſtay al fluxes.

Rulandus doth frequently extol a Plaiſter of Potters Clay burnt, and Boyled

with Vineger, laid hot to the part, to ſtop Blood that forcibly runs out of any part.

For the Stomach a Plaiſter is profitable, made of a Quince, Boyled in four Red Wine, or adding ſome Crums of bread to it ſoftned in Vineger.

Theſe bind ſtrongly, amongſt the moſt common Remedies, Grape ſtones, the Kernells of the Pomegranate dryed, the flowers of purple flower-gentle, the inward Skin of wood Nuts, Chervil and the Root, great Comfrey, middle Comfrey or the great Daiſey, Horſtail, Galls eſpecially unripe, Rupture-wort, the Root of the Yellow wild Flower-de-Luce, the true Blood-ſtone, common Hares-Foot, wild Apples, unripe Medlars, the Rind of the Root of Mulberries, money wort, Verjuyce, Juyce of Sloes, Knot-graſs, the Root and Leaves of the Oak, the Bark that is between the Tree and the outward Rind, unripe Services, Sumach, male Sanicle, dead Nettles, Bloody-rod of *Mathiolus* or, female Dog-Tree.

Of theſe, ſome are peculiarly commended for ſome fluxes, though all of them

them may be uſed generally where there is need of great aſtriction.

For the overflowing of the Terms, theſe are accounted approved, the ſhel of the Root of the Mulberry, the Root of the dead Nettle, Grape ſtones, and Pomegranate Kernells, the Pouders of all theſe are given ſeverally to one dram, with Red Wine or ſome Liquor that is fit for it.

For Spitting of Blood, the Blood-ſtone taken with Sugar of Roſes to one dram, or laid in aſtringent potions, til it look like the colour of Blood, or put into a Bag, and beat into very ſmal Pouder, and ſo ſtrain Wine often through it, or any other ordinary drink.

Againſt vomiting and any immoderate and inveterate fluxes of the Belly, theſe two Electuaries are the principle. The firſt,

Take *of the Roots of Yellow wild Flower-de-Luce, Boyled in Rain Water, and paſſed through a Hair ſive, two parts, Old Sugar of Roſes one part.* Make an Electuary according to art: the Doſe, is from half an ounce to one ounce. In the place of Sugar of Roſes let the Poor take half

ſo much Clarified Honey, Boyled in rain water or ſteeled water, wherein the youngeſt Leaves of the Oak have Boyled ſome time.

The other.

Take *the Roots of great Comfrey Boyled in the Decoction of the Root of Garden Dropwort, and paſſed through a Hair ſive, two parts, Old Sugar of Roſes one part, or parts alike.* Mingle them, make an Electuary, the Doſe is the ſame with the former.

If it be provided for Hepatick fluxes, (and it doth very happily ſtay them) you muſt add a fourth part of Comfrey, wormwood, or a twelfth part of wormwood, Maſtick.

For the ſame purpoſe the Decoction of the Root and Yong Leaves of the Oak is excellent, made with red Wine, adding a little wormwood to it, if it be drank daily to two ounces or thereabout, five hours before meat.

Other Remedies may be made for other uſes, as every one pleaſeth.

Outwardly Crude Gip is convenient, mingled with Cerats and Plaiſters.

Alſo Hogs dung, and Aſſes dung, either

ther fresh, or else in Pouder: by either of these, al immoderate fluxes of Blood are presently stopt, if it be laid on with the white of an Egg, and blown in.

Guainerius saith, that he used Asses dung inwardly, and Syrup of Sugar prepared with the moisture of the fresh dung pressed out; as a chief Remedy to stop immoderate fluxes of the Terms, and other extraordinary Eruptions of Blood.

Oyl of the Dog-Tree, and the Root of the Oak made by descent, exceeds all the rest by an astringent faculty.

Moreover, of the Decoctions of Herbs are made Fomentations and Baths.

Cataplasms are made of unripe fruits beaten with Posca, and moderately Boyled.

Also an Unguent may be prepared suddenly; but the Unguent of Chestnuts, and Comitissa may supply the place thereof.

Take *unripe Galls, Cypress Nuts, the Kernells of Red Grapes, Pomegranate shells, the middle Rinds of Chestnuts, Mastick, of each half an ounce, Oyl of unripe Olives, or of Roses*

often washed in Allum Water, one pound, white Wax three ounces. Let the dry Ingredients be beat into Pouder, and steeped in the Juyce of Sloes, or unripe Services, or Verjuyce, or the Juyce of astringent Herbs, and let them be dried at a soft fire; adding thereto before they Wax hard, the Oyl and the Wax, mingling all gently by stirring it.

If you had rather have it for a Cerate: take Rosin three ounces, and Wax five ounces, to the said quantity of Oyl and the Pouders.

Streightnes and Closenes of the Passages comes to pass five waies: by obstruction, constipation, Compression, cleaving together, and by sinking down: whence the differences of Diseases in streightness are taken; which, as they differ by generation, and variety of their causes, so are they taken away by diverse Remedies.

Obstruction is properly called so, that streightnes of the Passages that comes from things that are contained within contrary to nature, not that are united and sticking to the passages; such are Vapours and Humors that abound

abound too much, or that are too thick and clammy, also corruption, Clotts of Blood, and Milk, Thorns, and little Bones that stay in the Throat and hinder the passage, Hares Stones, worms, dregs that stick to the Intestines.

Corruption shut up in Impostumes, is taken away by opening the Impostume; which is done with Iron or actual fire, or by a potential Cautery; of which a little after.

That which sticks to Ulcers is taken away with Sarcoticks, of which we shall speak in the cure of Ulcers.

That which is poured forth into other Cavities, as into the sharp Artery, is taken away with such things as cut and cleanse, Clots of Blood are to be dissolved by Remedies that are elsewhere set down and are to be evacuated by purging the Belly, also by Urin, Spittle, for the situation of the part affected, by Purgations and Diureticks, and expectorating Medicaments set down before.

Also such Remedies as dissolve Clotted Milk and discuss it, are evident by those things that have been said.

Things that ſtick in the Gullet, if they can be ſeen, let them be drawn out with Iron Inſtruments; if they remove the leaſt from their place, by Sternutation, Coughing, or vomit provoked by putting in the Finger, or a Feather into the Throat; alſo by drinking plentifully, or by ſwallowing down ſome ſolid Gobbet not much chewed, and laſtly by ſwallowing down a ſpounge, firſt dipt in Rozin, that the thing may ſtick to it, and then drawn up again by a long thred tied to it.

If Hairs and other things that come from without, appear, they muſt be taken out with Chirurgions Inſtruments; if they be hid in the Stomach and Inteſtins, they are driven out by vomit or purging, as the ſick is inclined.

Concerning ſuch things as Purge the Belly, and drive out the excrements, and further concerning Remedies againſt ſtones and worms, and ſuch as diſcuſs abundant and groſs vapours, we ſpake, amongſt the Remedies that take away the cauſe of the Diſeaſe.

Obſtruction from fullneſs, or abundance

ance of Blood, is taken away by a thin
iet, that is not of the best and much
uyce; by strong exercise, and much
ubbing, as by Medicaments that dry
he whole Body; and by sensible Eva-
uations, namely opening the Veins,
carifications, Cupping with scarifying,
Leeches.

Bad Humors that are many, thick and
lammy, by which frequently the Me-
enterium, the Liver, Spleen, Matrix,
Reins, and Veins and arteries of other
parts are stopped; require Medica-
ments, first that are cutting, attenua-
ting, and cleansing, lastly Purging.

Concerning Purging medicaments,
we spake abundantly at the beginning;
those are of another kind, that are set
down for to prepare gross Humors, but
because these that unstop the passages
are of larger extent than such as pre-
pare the Humors, and there is a very
frequent use of them in the cure of
Feavers, Hypochondriacal Melancho-
ly, the cure of the Spleen, Jaundice,
the want of the Terms; it wil be worth
our pains, to Reckon them up more
distinctly, and to set them down in
three

three ranks, namely cold, temperat and hot, that ſo the choice of them ma be the more eaſy.

Cold Remedies that unſtop, are con venient in the more acute Feavers parts that are hot, and obſtructed by Humors thickned by aduſtion; a- mongſt which the moſt Obvious are, Sorrel, Juyce of Citrons and Lemmons that are ſufficiently ripe, Succory, En- dive, Straw-berries, Roots of Graſs, Liver-wort, Hawkweed, the Roots of all the Docks, Seeds of Melons, Pom- pions, Citruls, Cucumbers, gourds, Sow- Thiſtle, Garden Endive, Dandelion, four Trifoyl.

Of theſe; are made Decoctions with water or Broth, for Syrups, which will be the better; if you add an Emulſion of the four great cold Seeds.

Whey of Milk Clarified is effectual by it ſelf, but it is made moſt effectual by adding an Emulſion of the ſaid Seeds, or if it be altered with opening Herbs.

The Clarified Juyce of Herbs is mingled with Broth for a preſent Syrup, to two or three ounces, the greateſt uſe

of

of the Juyce of Citrons or Lemmons is in meats and Medicaments, as also of the Emulsions of the Seeds of Melons and Gourds, as also those more Liquid Panadoes, and Ptisans of Barley, as they are commonly called.

For ordinary drink, the Decoction of four Trifoyl is pleasant enough, of Sorrel, Straw-berries, and Grass, which may be made more sharp, adding a quantity of the Juyce of Citrons or Lemmons.

But this is the thing that is most necessary, which four Roots perform, to deceive the sick withall, that one still calling for drink, that they make the water sharp, and it may be made of the colour of Red Wine.

Those that are most temperate, wherein there is no notable excess, of heat or cold that can be observed, are most convenient for Chronical Feavers, from the adustion of Humors, which is grown cold: also for Melancholick Diseases, namely for Hypochondriacal Melancholy, and such as are grown hard: amongst simples, such are, Maiden Hair, Waters of four Mineralls,

Hops,

Hops, Liquoris, Trichomanes, five Leave Graſs, all which are added to the Decoctions of the other cold Ingredients.

Many more Compounds may be made for every Mans deſire: for cold things mingled with thoſe that are equally hot, in the ſame proportion, do make temperate.

For this end, ſometime Clarified Whey is altered, with Egrimony, Roots of Aſarum, Dodder, with a little wormwood, than which, there is nothing more profitable for the affects and Diſeaſes of Melancholy.

The ſame way may be given the Juyce of Succory thickned with the Juyce of Agrimony, and a little prepared ſteel, to be taken in Bolus before any opening Decoction.

Alſo Honey and Sugar added to the Juyces and opening Decoctions of cold things, make temperate Remedies.

For this purpoſe eſpecially two common Syrups do ſerve, that are eaſy to be prepared, namely Oxymel Simplex, & ſimple Syrup of vineger, which conſiſt of one

one part of Vineger, two parts of Honey or Sugar, and one fourth part of water.

But the three following Remedies of this rank are the best, and easy to be made.

First Smiths Water Clarified for ordinary drink; with Water is made a weaker Mulsum, adding half as much of Honey or Sugar.

The second: one scruple of Cremor Tartar to one dram, added to opening Broths.

Thirdly: prepared steel, without which, Schirrous hardness, and obstinate obstructions will hardly be Removed.

The use of these is manifold, and so is the preparation: the most easy, and the soonest made, and the best, is this.

Let steel be beaten into thin and long Rods, or little Plates: for by putting to them a roul of Brimstone they will melt, and fall into the Water that is put under them, and then they must be ground into a most fine Pouder; this Pouder is given from half a scruple to

two

two ſcruples or thereabouts, either in Bolus, Electuary or Wine.

The faſhion of a Bolus is this.

Take *Juyce of Egrimony, Borrage thickned, of each one ounce, Steel prepared two ſcruples.* Make them for two Boluſes, to be taken a little before an opening Decoction.

The Electuary is thus.

Take *the Pouder of Egrimony, Maiden-Hair, Stone-fern, Harts Tongue, Roots of Cinkfoyl, Liquoris, ſteel prepared, Leaves of Senna, of each one ounce, Cinnamon one dram & an half, the pulp of Rayſins Boyled in white Wine, and pulped through a Hair Sive, one pound, Syrup of Apples only,* or for the Poor, *Oxymel ſimple, two pound.* Mingle them for an Electuary according to art, to be taken to about one ounce, four hours before Dinner.

It is given in Wine two waies, either drinking the fine Pouder of ſteel mingled with Wine, or preparing ſteeled Wine.

This will be an excellent Pouder for one Doſe.

Take *prepared ſteel and Cremor Tartar of each one ſcruple, Cinnamon half a ſcruple.*

Mingle

ſingle them for a Pouder.

Steeled Wine will be made, if in our pound of Fragrant white Wine; you put in ſteel prepared and Leaves of Senna, of each one ounce, Cinnamon two drams, opening Herbs, and proper for the part obſtructed, three handfulls, let them ſtand eight daies in a hot place, and ſtirr them often; ſtrain them for your uſe, and give two or three ounces to drink; alſo a moſt excellent ſteeled Syrup may be prepared after this faſhion.

Take prepared ſteel ſo much as you pleaſe, pour upon it the ſharpeſt vineger, that it may ſwim above it four Fingers breadth, & let it ſtand in a hot place, until it hath drawn out the tincture of the ſteel: then by inclining the Veſſel, pour it from the grounds: add to this Sugar, or Honey Clarified, the double proportion; moreover half an ounce of Rayſins, and one pugil of the tops of wormwood to every pound of Vineger, Boyl them at a gentle fire to the conſiſtence of a Syrup, then ſtrain them, the Doſe is one ounce, with a Decoction that is proper for the part affected.

Thoſe

Thoſe things that are applyed outwardly muſt be mingled of ſoftners and diſcuſſers; ſuch are the Fomentation of the Decoction of Mallows, Marſh-mallows, Melilot, Fœnugreek, Dill, Chamomel, and a quantity of wormwood, to Corroborate the part; adding about the end of the Decoction, ſome white Wine, and Vineger to help the Penetration.

After the Fomentation; make an Oyntment of Oyl prepared by Decoction, of things aforeſaid, ſuch as is deſcribed amonſt thoſe that ſoften hardneſs.

The hotter things that unſtop, are convenient for a cold temper, and a cold time, as alſo for long Agues; ſuch are theſe common ſimples: wormwood, Egrimony, Smallage, Mugwort, Aſparagus, Betony, chiefly the Root of Capers, the Rind, Stone-fern, Germander, Dodder, common wild Carrot Seed, Root of Elecampane, Fennel, Rind of Aſh, Fumitory, the common and the Yellow, Root of Gentian, Harts-Tongue, Fetherfew, white Horehound, or wild Mints, Parſley, Penniroyal, Madder,

Madder, Knee-Holm, Tamarisk, Savory, in the use whereof, those must alwaies be chosen, that are proper for the parts affected, and are propounded amongst the alteratives.

Also Syrups and Electuaries and Decoctions are made of those things we have spoken of, as the occasion shall be.

The Decoctions are made the more effectual in the Broth of an old Cock or Pidgeon, if you can procure it.

Also Physick Wines are supposed to be best, as wormwood Wine, when the weakness of the Bowels is of long continuance; and of these Wines, adding half the quantity of Clarified Honey, are made Syrups that are profitable and pleasing; but the Wines are made most effectual, adding steel to them, as we shewed before.

A something ful Mulsum will be the best to drink, if it be altered with the Herbs propounded: as also al compound Oxymels made with the same for a Syrup, such as is the ordinary Syrup of the Apothecaries, made with the five opening Roots, Smallage,

Aſparagus, Fennel, Parſley, Butchers Broom.

Alſo the uſe of Vineger of Squils is extolled, added to Syrups and Decoctions, to half a Spoonful.

Some there are that prefer before all theſe, the uſe of the Root of Cuckowpint, often infuſed in Wine, and ſtil dryed again, til it hath loſt almoſt all its Tartneſs.

It may be alſo added to Electuaries, but the fine Pouder of it is oftner uſed, given with Wine or Broth. The faſhion of it may be Thus.

Take *prepared ſteel and Wake-Robin prepared, of each half an ounce, Cinnamon one dram and an half, Fennel Seed half a dram, fine Sugar one ounce.* Mingle them.

It is made more effectual by adding to it, one dram of Salt of wormwood: make a very fine Pouder, the Doſe whereof is about one dram. *Or,*

Take *Cuckowpint prepared one ounce, tops of common Wormwood (Salt of Wormwood is far Better) one dram, Cinnamon one dram and an half, fine Sugar to the weight of them all.* Mingle them and make a Pouder.

By

By themselves mineral Waters that come from Brimstone do open exceedingly, and from Nitre, drank after that the whole Body hath been purged: as also common Turpentine given in Bolus, about one dram and an half, which also may be drank, If it be stirred with a little of the Yolk of an Egg, and the Water of Egrimony, or Wine be put to it, by little and a little to two or three ounces, alwaies stirring it, til it be perfectly white.

Outwardly Fomentations may be used of the Decoctions of digestives and Emollients, adding about the end of the Decoction, white Wine and Vineger, not forgetting Herbs that are proper for the part affected, of which also Oyls may be made by Decoction, for Oyntments.

Bucheting and droppings of Waters that proceed from Brimstone are the most excellent, and such as proceed from Pitch, and the mud of the same, applyed as they ought to be.

Constipation of the Cavities, is properly called streightness that grows from things that are bred within, and

ſtick to the part, namely, from Tumors, Fleſh, a Callous, or dead Child.

Things that drive out the dead Child, were propounded amongſt the Remedies of the Cauſe that is peccant in ſubſtance.

We ſhall treat of Tumors amongſt the Deſeaſes of augmented Magnitude.

Fleſh and a Callous, as they are not hard to be taken away with Inſtruments of Iron, when they may be ſeen, ſo they are taken away only with Phyſicks, and that with much more difficulty, when they are hid within the Body: and ſince Fleſh is ſofter than a Callous is, it requireth more mild Remedies that either dry ſtrongly, or heat very gently; but a Callous requries, either Corroders, or ſuch as putrefie.

Therefore for fleſh theſe are convenient, round Ariſtolochia Roots, Antimony Calcined, Roots of Black Hellebore, burnt Allum, burnt Galls, the Aſhes of burnt Honey, common Red Lead, Aſhes of Roots of Gentian, Oyſter Shells, eſpecially ſuch as are burnt,

Lead

Lead Calcined with Brimstone, the Ashes of burnt Spunges; the Pouders of all these are mingled with Unguents, or infused in Liquors.

The following Oyntment is approved for excrescences of flesh; but first of all, it takes away little flesh in the urinary passages, and that without pain, if it be put on the end of a Candle, for it sticks very fast, and doth not excoriate the parts that are sound.

Take *Honey burnt to Ashes, prepared Tutty, fresh butter washed, washed Turpentine, Yellow Wax, of each half an ounce; burnt Allum half a dram.* Mingle them and make a Liniment according to Art.

This Pouder also is excellent described by Mercatus, *Lib. 2. de recto Præsidior. usu. Cap. 7.*

Take *Verdigrease, Auripigment, Vitriol and Roch-Allum, of each equal parts.* Bray them with the sharpest Vineger, and make them into fine Pouder, and set them in the Sun in the dog daies; the Pouder being dried, must again be made fine with Vineger poured on, and put into the Sun the second time, and this must be done for the space of ten daies; then:

Take *Litharge of Gold, poudered and ſifted, one part: Oyl of Roſes two parts.* Boyl them to the conſiſtence of a Plaiſter; take an equal part of this, and mingle with the ſaid Pouder for your uſe.

Alſo this Pouder takes away all Excreſcences, by Certain proof.

Take *the Shells of Walnuts, Spunges, Roots of round Ariſtolochia, of each equal parts.* Let them be dried together in a Pot put into an Oven, that they may be beaten into Pouder; and with this Pouder ſtrew over the part affected, firſt anointed with Honey.

Theſe take away Callous matter, amongſt the moſt common Remedies, Orpiment, Spaniſh Green, Quick-Lime, Lees of Wine burnt, Lees of Vineger burnt, burnt Vitriol, Oyl of Brimſtone and Vitriol. All theſe things in uſe, are tempered with milder Remedies, ſometimes in greater, ſome-times in leſſer quantity, as need requires.

An Example of them in Infuſion.

Take *the Decoction of round Ariſtolochia, Black Hellebore, Marſh-mallow Roots, half a pound, Oyl of Brimſtone or Vitriol half a ſcruple.* Mingle it for an Infuſion.

For

For an Unction:

Take *burnt Vitriol, and Allum burnt, of each one dram: fresh Butter very wel washed half an ounce.* Mingle them.

If you add the Pouder of white Poppy Seed, or Henbane, you make a Remedy wholly without Pain.

The Pouder of *Mercatus* used by it self is most effectual.

This is exceeding good that is more easy to provide. Work Quick-Lime with Honey, like a past, and dry it in an Oven, that it may be beaten to Pouder, to be strewed upon any Callous or superfluous Flesh, first anointed with Honey.

Compression of the passages, since it comes from al things that press upon the passages, and by any intervenient thrusting either of Heavineſs or Extension, or Violent impulsion, or astriction, it hath no peculiar Remedies: for heavineſs & extension, proceed from the plenty of matter, and are taken away with such Remedies as Evacuate sensibly, or insensibly; of which we spake before.

Extension from wind is removed with discussers.

Violent impulsion frequently followes Luxations, depressions, and fractures of the Bones, which are cured by Chirurgery.

Violent Astriction, follows most commonly outward causes: as bands bound too fast, which must be untied.

Growing together of the passages, is made by a mutual Glewing together of the sides, when Nature fills up the wounds of them by the coming of good Blood thither; and this is cured only by an incision Knife, or Iron Instrument that can part the sides that are Glewed: but after seperation, the sides must be well fenced, that they may neither touch one the other, or grow together again; therefore the growing together of the inward parts is incurable because they cannot be cut.

The sinking down of the Cavity, if it fal out by reason of Evacuation of the matter that should be contained within it, it is cured by Nutriment only to re-generate necessary matter.

If it proceed by reason that the sides of the Cavities are contracted by over-

much

much drineſs, or fal down by over-much Relaxation, it is cured by moiſture, or great driers, for moiſting, the more gentle emollients are convenient, and ſuch as are properly called Anodines, propounded in their proper places; for drying digeſtives and diſcuſſers are moſt fit, being mingled with aſtringents, the moſt forcible that were ſet down before.

When the ſuperficies is too plain it is taken away with Remedies that ſcour, and then with driers.

Things that ſcour, are all ſuch that were propounded for to prepare Flegm.

To take away obſtruction, by the ſtuffing in of groſs and Clammy Humors, and to ſcour the Skin, natural Salt waters have a kind of prerogative, and artificial waters alſo, and Honey added to Decoctions which are principally made of bitter things, as the Roots of Gentian, Elecampane, long Ariſtolochia, and Centory the leſs.

For drying, things that Evacuate inſenſibly are moſt fit, being mingled with the ſtrongeſt aſtringents, of which before.

When

When the ſuperficies is rough, it is cured with ſoftners, and ſuch as are properly called Anodines, when it proceeds from drineſs: but particularly the roughneſs of the Throat, and the top of the ſharp Artery, which fals out very frequently, is cured by thoſe things that Purge the breaſt by Spitting, which are propounded for Salt matter.

But if it proceed from ſharp Biting matter that lightly Rakes the ſuperficies, it is taken away by ſuch Medicaments that temper ſharp Humors, both by waſhing them away, as alſo by ſuppling them with a tempering vertu; of which we ſpake amongſt the Remedies that alter the cauſe of the Diſeaſe.

Remedies of Diſeaſes in faulty Magnitude.

Natural Magnitude, is made faulty, either by exceſs or defect, when it is augmented beyond its proportion, or elſ diminiſhed. The kinds of Magnitude diminiſhed,

miniſhed, are reckoned to be, Defect of Nouriſhment, or Leanneſs of all the parts, and Maraſmus, or a Conſumption of the whole Body, following a Hectick Feaver, or waſting away: for Leanneſs of thoſe that recover after ſharp Diſeaſes, ſcarſe deſerves the name of a Diſeaſe, becauſe it quickly goes away, ſo ſoon as the Diſeaſe on which it depended, is removed.

Of Magnitude increaſed, which men call Tumors, all the differences are taken from the cauſe, which in general is four fold.

The firſt is a ſolid Body according to ſubſtance, belonging to the ſoundneſs of the Body, whence come groſſneſs, from overmuch fat; *Hyperſarcoſis*, from ſome excreſcence of fleſh, Ruptures of the Bowels, and the Caul, when the Guts or the Caul fal down, which alſo makes a Diſeaſe in ſcituation.

The ſecond is a Humor, or ſome thing like to a Humor, whence comes that they call *Phlegmone*, from Blood, *Oedema* from Fleam, Eryſipelus from Choller, Schirrus from Melancholy, a kind whereof is *Tophus*, and *Struma*, Cancer,

Cancer, from Black choler, Carbuncle from burnt Blood; and from a watery matter like to a Humor, *Hydrocephalus*, & the Dropsie of the Abdomen, and the Matrix.

The third is, that which comes Preternaturally from the Humors, as puffing up from wind.

The fourth is, that which growes in the whole kind Preternaturally, from a various and unspeakable corruption of the Humors, whence comes properly an Impostume, or little Swelling with a little Bag, namely Meliceris, from a matter like to Honey, *Steatoma*, from a fat matter like to Sewet, and *Atheroma* from a matter like to Gruel.

A particular Consumption, such as falls upon those parts that are held with a Palsie and Convulsions, requires first such Remedies as can Purge out the foulness of the Body by the passages convenient: then Nourishments that can make good Blood; lastly attractives that draw Blood to the part, and can stirr up the heat of it and strengthen it.

Gentle rubbings til the part wax red,

and

and Swel a little, will perform all these.

Also Baths of sweet water something hot, wherein Herbs are Boyled, proper for the part, to be used til the part Swell a little.

Or Fomentations, and Wettings with water and Oyl, Milk, sweet Waters, altered with Mallows, Marsh-mallows, and Herbs that respect that part.

Last of all, the most prevalent Remedy is pication, til the part wax red and swell: and these things are to be done, after concoction, before any more meat be eaten.

In a Consumption of the Eyes, there remains no place for pications or rubbings, but only, for Fomentations; the best whereof are made with Milk a little Saffron, or of the same Boyled with Mallows, Violets, Marsh-mallows, and Fennel, or with a sweet Apple, brought to the form of a soft Cataplasm, with a little Saffron.

A hot *Marasmus* without a Consumption, which is curable, is chiefly overcome with the use of Milk and Baths:

Womens

Womens Milk ſucked out of th
Breaſts, or Aſſes Milk, or Goats Milk ne
milked drank with a little Honey
Sugar, taking by degrees from thre
ounces, to ſeven or eight ounces; abou
five hours after the drinking of Milk,
Bath of ſweet Water is to be uſe
which muſt be kept ſomthing hot t
the time the ſick come forth of it; an
then is he to ſtay a while til he is a littl
cold with it, for the uniting of heat, an
retaining of Nouriſhment; or preſentl
after the Bath, the Body muſt be gen
ly rubbed with the Palm of the Hand
wet with Oyl of Violets and ſwee
Almonds, ſomthing cold. If there b
a Conſumption the Bath muſt be le
alone, and the Body muſt be rubbe
only before meat, after the manner w
now ſpake of, and he muſt apply him
ſelf to Milk, and he muſt uſe alſo ſuc
Remedies as concern the Ulcer of th
Lungs. If the uſe of Milk be forbidde
by reaſon of the cauſes ſet down in th
5. *Aph.* 65. He muſt uſe inſtead
thereof a Ptiſan of Barley.

Some hold this Ptiſan for a ſecret
which is preſently provided, and
muſ

muſt be taken twice a day.

Take *Barley Meal ſix parts, fine Sugar one part.* Place them bed upon bed in a Glaſed Earthen Pot, and the firſt and laſt bed muſt be Sugar: then making a Cover of Paſt, put it into the Oven after the Bread is drawn forth. And it will be baked ſufficiently the third time, or putting of it into the Oven.

For a Ptiſan.

Take *of this baked Meal two ounces, Broth of wood Snails, or Snails four ounces.* Mingle them.

But for an Ulcer of the Lungs in particular this is commended. Take one dram of the Pouder of Yarrow, dayly in Broth or ſome convenient Decoction.

Alſo a Cake of dried Folefoot taken dayly made with Butter and Sewet of a Hog.

Some prefer Sugar of Roſes with Bole-Armoniack, or ſome ſuch Medicinal earth, and the Blood-ſtone uſed for ſome months together, above all other Remedies.

Groſs Bodies are brought lean, after

ter fit Evacuation of the Body.

First, with a thin diet, and many hot and frequent rubbings of their Body; then by the daily use of some attenuating and drying Remedies, among which, the most commended are, one dram of Ash Keys in Broth, with half an ounce of the best Vineger, or one Spoonful of Vineger of Squills, in a good quantity of Broth before meat; some ascribe the same vertue to Oxymel of Squils, or the Troches of Squils.

Also the Seed of Ameos, or the Seed that is in Elder berries can do as much, taken to half a dram, drank in the Decoction of the Ash.

But the greatest force lieth in the Pouder of Vipers to dry the Body, of which we spake amongst the Antidotes, if half a dram of it be taken in Broth or Wine, four hours before meat, and so much the more if the Body be lustily exercised after the taking of it.

To this place belong all things that provoke sweat and Urin.

Those Remedies take away excres-

cences

tences of flesh, be they from a Callous or flesh, that are Remedies of Constipation, of which we spake before.

A *Hernia* of the Caul, can be taken away by no other means than by cutting, which is ful of danger, it can hardly be helped by streight Ligature. But a *Hernia* of the Intestins is easily clewed together in Children and Boys, with outward use of astringents and fit Ligature. But in people that are of years, if it be Old, it is held hitherto by Physitians to be incurable, without Chirurgery: yet use, that is the best master of things, and Judg of Remedies, hath taught us not long since; that the Ruptures of men of years, and that very great ones, and of long continuance, have grown together by the use of Medicaments only, and a convenient course of diet, and that within threescore daies at the longest, in manly and in Old Age; but in forty daies in Yong men, and at mans stature; by the help of which Remedies, Boys are cured within twenty daies: unless the falling of the Intestins into the Cods be very great, and allmost grown Habitual.

And theſe Remedies may be Ranke amongſt thoſe, that are eaſie to be pr pared, ſince they are compounded a few things, and thoſe, not fetcht fro forrein Countries, only one excep ted,

The firſt is this: Take one dram o the Herb Two-blade, in half a Cup of red Wine, Boyled with the Leave of the ſame Plant, every morning five hours before dinner. And let the place affected, be dayly anoynted with Oyl of four Olives, wherein a whole land Hedg-Hog that is Old, hath been Boyled, with his Skin and al, til the fleſh be conſumed.

The ſecond. Take for threeſcore daies one Cup of ſtrong red Wine, altered with one ounce, of Rupture-wort (the whole Herb with the Roots muſt be taken, and the tendreſt can be got) firſt bruiſed, and during the ſaid time, a Spunge muſt be laid to the place affected; that is firſt dipped into the ſame red Wine, and then preſſed out.

The third. Take one dram of Pouder, of equal portions, of Rupture wort,

Wall

Wall-Rue and Asparagus and Horse-Tail, in half a Cup of strong Red Wine, for the time spoken of before; and let the place be anointed twice every day, with common Oyl or Oyl of St. Johns-wort, wherein live Lizards, by long standing of it in the Sun, are consumed.

The fourth. Let a Cerate be laid on, made of equal parts of Bdellium and poudered Aloes with the white of an Egg; and the same time let the sick take one dram of the Powder following in half a Cup of the best Red Wine, five hours before Dinner.

Take *Roots of great Comfrey, Herb Bennet, common Hedg-Hyssop, the less, Two-Blade, Horse-Tayl, Coriander prepared, Juyce of Roses, steel prepared with Rose water, of each one ounce and an half.* Mingle them, and make a fine Pouder of them all.

The preparing of the steel is this. That the filings of Steel or Iron, be quenched in Rose Water, and then dryed in the shade, and then again be set on fire, and quenched a-fresh in the same Water, until it can be poudered very fine.

But in the uſe of theſe Medicaments this rule is generally to be obſerved that a Truſs be conſtantly worn, and the ſick muſt take care he hold not his breath, nor uſe ſtrong excerciſe, nor eat or drink, meats or drinks that are windy.

Remedies for Tumors that proceed from Humors, are manifeſt by what hath been ſaid, ſince they muſt be directed to the taking away of the cauſe, which muſt be repulſed at the firſt: but in the augmentation, they muſt partly repel, and partly digeſt; in the ſtate, they muſt digeſt, or if it can be, bring to ſuppuration: but a Tumor that is very hard, muſt firſt be acurately ſoftned, then digeſted and diſſolved. Therefore ſome few things ſhall here be only annexed, that are found to be proved for ſome Tumors, and are Remedies eaſie to come by.

For an Eriſipulas of any part whatſoever.

Take fine Wheat flower ſo much as you pleaſe, put it into a bag of thin Weaving, and lay it to the part, at any time of the Defluxion.

For

For kibes that are Ulcerated: this is a moſt excellent Unguent.

Take *Leaves of green Tobacco, the inward Rind of the Elder, of each one handful, Roots of the Male Daffodil ſliced, one ounce, common Oyl one pound;* Boyl all at a gentle fire, til all the moiſture be conſumed, then preſs all out ſtrongly, *and add Frankincence finely poudered half an ounce, Yellow Wax ſix drams.* Mingle them for a Liniment, and anoint the part affected within: then for Fingers that are pained, let it be rubbed ſtrongly on them til they grow very red and hot.

This is alſo good for fowlneſs of the Skin and for Morphews.

Againſt the ſwelling of the Feet from wearineſs, long Diſeaſe or contuſion.

Take *the Meal of whole Wheat* (that is not ſifted) *half a pound, ponder of wormwood half an ounce, Roſes one ounce, ſharp Red Wine what may be ſufficient.* Make a Cataplaſm at a ſoft fire: adding about the end, compleat *Oyl of Roſes one ounce and an half.* Make an Unguent.

Lay it on twice a day.

For hard ſwellings not Ulcerated, a

singular Remedy after due purging of the Body: give for four daies together one dram of the Pouder of common Gladiol, which groweth most frequently amongst Corn, and take it in Broth altered with the Root of Pilewort, four hours before meat.

And lay upon the part, a Plaister of bruised new Wax, not yet purified from the Bees and the Honey: but if you cannot have it, then lay this Cerate.

Take *the Pouder of Lizards dried in an Oven, one dram and an half, Juyce of Tobacco, Yellow Wax and Burgundy Pitch, of each half an ounce.* Mingle them and make a Cerate, in the place of Burgundy Pitch, which is rare in Italy, take *Colophonia.*

For a Cancer not Ulcerated, that is not yet come to any notable Magnitude; nothing is better than the long using of the Plaister of Aquapendente, after a sufficient purging of the Body.

Take *Meal of Millet one pound, Oyl of Roses* (worked in a Morter of Lead with a Leaden Pestle, til it become of the colour

olour of Lead) *five ounces, sweet Wine four unces.* Make them to a Plaister, with a ufficient quantity of the Decoction of Garden Night-shade, Sowthistle, and Golden-Rod of each alike, made in pure Water.

For watery and windy Tumors, Remedies propounded amongst things that discuss, are proper.

An Impostume with a little bag, is not cured by Physical means only, but the whole Bag must be drawn forth; or if that cannot be done, after the Tumor is opened, it is to be consumed, partly with putrefying Remedies, partly with eating Caustick; of which we have Spoken already.

Remedies for Diseases in Number.

Since that a Disease in number Wanting, is made to be according to the defect of something belonging to the complement of the Living, a Disease in number Augmented must properly be considered, according to the addi-

on of ſome natural thing; that is Redundant in number. Yet by uſe and abuſe of names, Stones, Worms; a Pin and Web are referred alſo to Diſeaſes in number.

Remedies for Worms and Stones are to be found amongſt theſe things, which reſpect the cauſe from the whole ſubſtance.

For a Pin and Web, theſe amongſt Remedies eaſie to come by, are the moſt convenient, being applyed Warm to the Eye, but eſpecially by the help of an Ocular Cupping Glaſs; that the Remedy may work longer and ſtronger.

Take *Herbs, Celondine, Fennel, Vervain Rue, of each one handful; Honey of Roſes half a pound, of Rape Roots bruiſed two ounces.* Stamp the Herbs and ſet all mingled together in the Sun, and let them be ſtirred daily; after forty daies preſs out the Juyce, to be kept for uſe in a Braſen Veſſel, and drop it into the Eye by it ſelf, or mingle it with more gentle Eye-Salves.

Another. Take fine poudered Sugar, Boyled in a Glaſs Diſh upon Aſhes, til it

wax

wax Red, likewise Vitriol purged from the dregs, and exposed to the sun til it Wax white, of each equal parts; with this Pouder fill the hollow of an Egg Boyled til it be hard, then binding both parts of the Egg fast together, steep it four daies in water of Eye-bright, or white Wine that is somthing sweet; wherein Eye-bright hath first been Boyled, or Seeds of Fennel or *Siler Montanum*, keep the Liquor pressed out, in a Glass for your use.

Another. Take *white Wine somewhat sweet very well purged and Clarified, one pound, Fennel Seed three drams, Indian cloves one dram and an half.* Steep them for twenty four hours, then strain them: to which add *afterwards* Aqua vitæ *two ounces, Antimony once melted, with an equal quantity of Salt Peeter, two drams*; then infuse them again for two daies, then keep them for your use in a Glass Vessel.

Another. Take the Juyce of Onions, drop it in by it self, or else allaied with a little sweet white Wine. It is a most excellent Eye-Salve and which wonderfully takes away the inflammation of

of the Eye, when there is any.

Alſo there is a ſingular Collyrium deſcribed amongſt the Remedies for the Eyes, which when need is, may be made more effectual, by mingling ſome kind of Gall with it, or of the ſecond Collyrium that was propounded, or the Juyce of a white Onion lightly Boyled with Milk.

But a Diſeaſe that is properly in number augmented, which followeth abundance of matter, and the ſtrength of the Plaſtick faculty is better cured by burning and cutting, than by conſuming Medicaments.

A Diſeaſe in number deficient, if it be natural, is altogether incurable, becauſe it proceeds from want of matter, and the weakneſs of the forming force, alſo an accidental deficient, if it fal out in a Spermatical part, it is incurable; but in a fleſhy part ſomtime it admits of cure. It requires the ſame Remedies that an hollow Ulcer doth, or a Compound wound, becauſe the part is wanting by the ſame cauſes, namely, cutting, burning, Corroding, putrefaction, and the like.

Remedies

Remedies of Diseases in Situation and Connexion.

A Disease in situation and Connexion, is either Connatural, and it comes to pass, when the matter is taken away in the time of forming, or it is accidental, and falls out usually by reason of three kind of causes, from Laxation, or disjoynting of the Continent parts, from solution of unity, and Violent extension from too much Repletion, or drivers.

The fault of the Plastick quantity admits of no cure.

The other three causes require the same Remedies, that a Disease in figure doth, which doth necessarily accompany a Disease in situation.

Remedies of Diseases in dissolved Unity.

Of dissolved unity there may be assigned

ſigned two chief kinds, an Ulcer, and a wound.

That comes from an eating cauſe, and ſo muſt neceſſarily have joyned with it, loſs of ſubſtance.

A wound, is all other kinds of diſſolved unity, without an eating cauſe; whether it be a ſimple ſolution of unity, or with loſs of ſubſtance, as in a Compound wound.

And though for the diverſity of parts, often times all theſe things are changed (for an Ulcer in the bone is called rottenneſs, a wound fracture, when the Nerves are brok, it is called convulſion, when they are pricked, Puncture, and when the fleſh is bruiſed, men call it contuſion) yet ſtil they hold the ſame nature, ſo they differ not in generation; for whatſoever Ulcer proceeds from a ſharp and corroding matter, ſuch as are the Humors, and ſharp Bloody matter, harſh Poyſons, and Medicaments that are putrefactive, and cauſticks, actual fire, corruption, moiſture, into which the ſubſtance corrupted is diſſolved, as in a Gangrene: al other cauſes that diſſolve the continnity, by cutting, breaking,

breaking, Knocking, Contusion, they make a wound only taken in a large sence.

A simple wound, or solution of continuity without loss of substance; is cured by Glutinative Medicaments, which by drying, Binding, Sticking, force the lips of the wound together, and bind them fast: which Union cannot be made immediately in the Bones, because of their hardness, but it is made by the means of a Callous, the matter whereof, glewing nourishments afford.

But fractures are fastened and confirmed by the same glewing Remedies, of which there are two ranks, such as are moderate, and such as are forcible: those belong to a part and constitution that are moist, these belong to parts & constitutions that are more dry, and to a Bloody wound.

Moderate Glutinatives; the most Obvious are: the white of an Egg, St. Peters-wort, Tutsane, Yarrow, Shepheards-purse, the fruit of Creeping-Balsam, new Cheese, and Glew made of it, Horse-Tail, Herb Bennet, Cistus,

Flower

Flower of the Sun, the Graſs *Iſchæmon* Plum-Tree Gum, ground Ivy. The Herb *Siciliana*, Herb Trinity, St Johns wort, Adders Tongue, Yarrow, Leave of Medlars, *Ophris*, Plantain, wild Pears, Damaſk Roſes, the Bramble, the Male Sanicle, Germander, Scabious, Veronica, Golden-Rod, Leaves of Elms

Of theſe, may be made vulnerary drinks: alſo they may be given inwardly in other forms.

They are laid on outwardly either bruiſed, or ſtrewed on in Pouders, or preſſed out and dropped in, or Boyled, chiefly in ſharp Red Wine, and their operation is helped by Ligature, by which the Lips of the wound united are held together.

There are ſome other things, whereby wounds that are ſimple and new, are preſently joyned together, applyed by themſelves & bound on; namely Roſin of the Larch or the Firr-Tree, Pellitory of the Wall bruiſed, the bruiſed Leaves of Tobacco, dry Pitch, ſpotted Arſmart, beaten Oyl made by inſolation, or the Leaves of Adders Tongue, or

the

the fruit of the Balsam Apple.

But the chief of all, and like to a west Indian Balsam, (than which to knit wounds together, there is nothing better) is the Oyl that is drawn out of the flowers of St. Johns-wort, shut into a Glass, and made by heat of the Sun beams, by descent. Also Earth Worms washed in Black Wine and beaten, are good: also amongst easie to be provided, may be set down that they call *Oleum Hispanum*, described in the five Books of Chirurgery of *Aquapendente*; by which in twenty four hours time, wounds are said to be healed.

These Glew together Violently; Lions-Foot, the flowers of flower-gentle, middle Comfrey, the less Comfrey, unripe Galls, all the Cranes Bills, but chiefly Pidgeons Foot, Hypocistis, Hares-Foot, Rinds of Pomegranates, Leaves of the Olive, chiefly the wood Olive Tree, Mouse-ear, Knot-Grass, Juyce of Sloes, the tender Leaves of Oaks, Stone-Comfrey of Lobelius, Dog-berry Tree.

The way of dispensing of all these is the same with the former.

Outwardly

Outwardly, the flew of a hare burnt Asses dung, burnt Spunges, and brought to Pouder, and Honey Suckles used what way soever.

But if the part be only contused without any sensible solution: corroboratives are convenient, mixt with digesters and anodines: of this kind is Lead beaten with Wormwood, Wormwood heated on a Tile and sprinkled with Vineger, bean Meal with sweet Wine made into the form of a Cataplasm; also Flower of Wheat together, with Black Wine, Pouder of Roses, Wormwood and Oyl of Roses for a Cataplasm.

Arsmart bruised and sprinkled with hot Wine, Fomentations of hot Water, especially Sea water altered with Wormwood.

Moreover this Liniment is the best of all to heal all contusions, which wonderfully also asswageth the pain of the Swoln Hemroids, and takes away the pain of the Teeth, being softly rubbed on the Gums.

Take *common Oyl one pound, the Marrow of an Ox Leg, Yellow Wax, Rosin of the Firr-*

firr-Tree, or Pitch (vulgarly called Roſe,) of each three ounces: freſh Butter four ounces.

Let them all melt at a ſoft fire, and when the Marrow is melted take them off.

An Ulcer is either ſuperficial, or deeper.

That is, either actually ſo, when the top of the Skin is wanting, as the frettings in Children; or is potential, that by the force of an external cauſe quickly comes to be ſo, unleſs it be hindered, as is burning, which if it be preſently helped there followeth no Ulcer.

A ſuperficial Ulcer is cured with the more mild inducers of a Cicatrize: burnings are cured with the ſame when the Bladders are broken.

But you may keep the part unhurt, if you lay on theſe things that follow, in time: namely writing Ink, Liquid Verniſh applyed with a very ſoft cloth: a whol Egg with Oyl of Roſes, or ſtirred together by it ſelf; Oyl made by Decoction of the middle Rind of Elders; white of an Egg very well beaten with Vineger, adding a little raw Allum to it.

Theſe two following Uuguents are the moſt excellent; with the former of which the parts being anointed, you may handle fire without any harm.

Take *the Juyce preſſed out of the Marſh-mallows, Roots, and all, ſix ounces: Oyl of Elder four ounces, Crude Roch Allum one ounce.* Boyl them at a gentle fire to a mean conſiſtence, add *new Wax one ounce and an half,* mingle them.

The ſecond. Take *common Oyl, three ounces, new Wax one ounce and an half, Yolks of Eggs roſted under the Aſhes, in number two.* Diſſolve them and mingle them, til they become like an Unguent, ſpread it on a Cloth, and renew it twice a day.

Alſo an Unguent of Iſing-Glaſs is much commended, and of Allum *Plumbeum,* mingled with Vineger in equal quantities.

Alſo Juyce of Marſh-mallows, wrought with the white of an Egg.

A deep wound muſt firſt be filled with fleſh, with Remedies called Sarcoticks, which do ſcowr away the thick excrements of the part, and conſume the thin; then we muſt bring it to Cicatrize with Epuloticks,

Epuloticks, which by their great drying, do not only consume the excrements, but the Blood also, and do harden the upper Superficies of the Ulcer, and do as it were turn it into Skin.

Sarcoticks, or Remedies that fil up the Ulcer, are as large, as there be differences of hollow Ulcers.

For an Ulcer that is very moist, requires Remedies that are very great driers, so that such Remedies as are convenient to Skin a plain Ulcer, are necessary to fil a hollow Ulcer that is over-moist, but an Ulcer that is very foul requires strong cleansers.

But this is principally to be observed, that astringents be not mingled with great driers and scourers, for they will fasten the excrement to the Ulcer, and so make it more deep and spreading.

Therfore there may be set two degrees of Sarcoticks; the mean, that belong to a soft part, and to an Ulcer that is not over-moist and foul: And the Violent, which agree to a drier part, and are fit for an Ulcer, that is very moist and foul.

Moreover there is no hopes to fil up an Ulcer by the help of Sarcoticks,

unleſs thoſe Impediments be firſt taken away, which hinder the Regeneration of the ſubſtance that was loſt, as the Flux of any matter, that is ptenan in overmuch plenty, or ill quality, the diſtemper of the Ulcerated part, a callous bred in the Ulcer, or Rottenneſs of the Bone, corruption or deſtemper.

Theſe things take away the Flux, namely ſuch as evacuate; make revulſion, repel, intercept, contemperate, and corroborate the parts affected, by the faultineſs whereof the excrements are renewed, of which we ſpake before in the Remedies of the cauſes, and Diſeaſes of the ſimilary parts.

The diſtemper of the ulcerated part, is corrected by contraries, of which we ſpake alſo: but in a Gangreen there is ſo great Humidity of the part and diſſolution of the inbred heat, that there is need of an actual or a Potential fire; but of the two, the firſt works quicker, and ſtrengthens the part more.

For a Gangrene in beginning, or where there is danger thereof, as in great blows from great Guns, there is nothing better than the following Balſom,

som, if Lint be dipt into it and laid to the wound, with which also all foul Ulcers, if there be malignity in them, are happily cured.

Take *flowers of Brimstone three ounces, complete Oyl of Roses half a pound, the best Red Wine four ounces.* Let them infuse for eight daies at a gentle fire, alwaies stirring it til the Wine be consumed, then strain it, and dissolve therein two ounces of the best Turpentine. Mingle them, and keep it for your use.

Also for Ulcers that proceed from thin Choller, as smal Blisters, or such as eat not deep, and for an Ulcerate Erisipelex, when the Humidity of the part Joyned with Acrimony causeth great trouble in the cure; the following Uuguent of Elders profits exceedingly, for with it not only Ulcers of the similary parts, but burnings of al kinds, and almost al foulness of the Skin are cured.

Take *common Salt and the best Red Wine of each three ounces, dissolve the Salt in the Wine, then add of the middle Rind of the Elder half a pound,* infuse them for two hours, then add *compleat Oyl of Roses one*

pound and an half. Boyl al at a gentle fire, til the moisture be almost consumed; then to the residue of the rind add further, *compound Oyl of Roses half a pound, Salt dissolved in Wine as before, half an ounce.* Boyl them strongly til al the moisture be consumed, that the rind become dry and crumble, with this Oyl diligently pressed out, Boyl Litharge of Gold prepared and sifted two ounces, to which being exactly Boyled, add the foresaid Oyl, and let them Wax hot, last of all put in the following Ingredients pulped through a Hair five together, namely, *of the best Cerusse one ounce, Lead burnt with Brimstone and not washed seven ounces and an half, Yellow Wax what is sufficient to make an Unguent.*

A Callous is taken off most safely with a pair of Nippers, or with actual fire where it may be done; if it cannot, then it may be taken off with corroding Remedies, described amongst the means of thickning the Cavity: by the reason of this Impediment there do often remain incurable Fistulaes, which cannot be cut, nor handled fitly every way by necessary Medicaments; for these the following

following Balsom is convenient, whereby the deep Fistulaes of the Anus and the Testicles have been often cured.

It is thus easily prepared.

Take *Cranes Bill, or Pidgeons Foot cut, two ounces, Root of Flower-de-Luce very well washed three drams, Root of Black Hellebore prepared two drams, Wheat Corns one handful, bruise them grossely,* and infuse them for one day, in one pound of sharp Red Wine; then add *Oyl of St. Johnswort and Mirtills of each three ounces.* Let them Boyl at a gentle fire til the moisture be consumed: make expression and strain them, then add *Bitumen, and Mirrh of each one dram and an half,* Let them stand at a soft heat til they be perfectly melted, then add *of Rosin of the Larch Tree and Firr Tree,* (and if you can get it of occidental Balsam) *of each one ounce.* Mingle them at an easie fire and make a Balsom to be dropt into a Fistula, and to be put in with Tents.

To take away Spungy Flesh that abounds in an Ulcer, use the Remedies described for a Disease in constipation by Flesh and a Callous.

Yet to these add the following

Pouder to make an Eſcar, whereby Malignant Ulcers (as Malignant Scrophalous matter, and ulcerated Cancers) if they be ſmal, and new are happily cured.

Take the Root of great Serpentine, gathered in *June*, and cut in pieces and dried in the ſhade, and of white Arſenick of each one ounce, Pouder them, and mingle them, and ſet them in the Sun til the beginning of *October*, in a great Bellied Glaſs well ſtopt, and ſhake them often, then keep the Pouder for this uſe: namely wath the Ulcer often, and foment it with a wet Linnen Cloth with Water of Water Lillies, or the Decoction of the ſame; the next day after ſtrew on the Pouder, making a defenſative, for the ſame parts with ſome Cerate; leaſt the Pouder ſpread further than it ſhould, the eſcar will fal out of its own accord in twelve daies, and the cure muſt be accompliſhed with the ſtrongeſt Sarcoticks.

The Bone that is under the Ulcer being bare, muſt be corroborated by the ſtrowing on of Pouders, that Fleſh may grow upon it. And

And theſe are made of equal parts of the Root of Dog Fennel, round Ariſtolochia Flower-de-Luce, Mirrh and Frankinſence.

And if it have already contracted any blackneſs, there is need of an Iron to ſcrape it off, and of actual fire; then the Pouder muſt be ſtrewed on.

If the Bone be Rotten, it muſt be taken away by Inſtruments of Iron and an actual Cautory.

Yet ſometimes it fals out by reaſon of the narrowneſs of the Ulcer, and the windings in it, that the Bone underneath cannot be touched by Iron Inſtruments, or fire, and can hardly be perceived by the probe, in which caſe ſome ſharp and drying Remedy muſt be poured in for ſome daies that the rottenneſs may be taken away: of this ſort eaſie to prepare, are the Decoctions of Ariſtolochia, gentian, Wake-Robin, poured upon Calcined Tartar ſhut up in a Bag.

The Spirit of Tartar is more laborious which is chiefly commended for this purpoſe, if it be tempered with ſome convenient Liquor. The impediments

diments being taken away, the uſe of Sarcoticks wil be afterwards profitable, or of ſuch as fil up the Ulcer, a Catalogue whereof now followeth.

For an Ulcer that is not over moiſt and foul, and for a part that is very ſoft: mean Sarcoticks are convenient; namely Salt and Nitrous Mineral Waters, Betony, Gentian Root, Mints, flower-de-Luce, Honeyſuckles, Boyled Honey, the Clot-Burr, al kind of Roſins, Scordium, Wheat, Frankinſence.

Of Herbs, Decoctions may be made, for waſhings and infuſion; alſo Unguents may be made ſuddenly, making Oyl firſt by Decoction, then adding a quantity of Wax, & if you pleaſe ſome Honey alſo and Roſin, or Pouders, which are eſpecially provided of Roots and Frankinſence.

Alſo a ſimple Pouder of Herbs may be ſtrewed upon the Ulcer.

For outward Remedies, add Tobacco and the Leſſer Centory.

The form of an outward Unguent may be of this kind.

Take *Leaves of Betony one handful,*

Tobacco

Tobacco half a handful, common Oyl four ounces. Cut the Herbs and Boyl them in Oyl, til al the moisture be consumed: then add common Rosin one ounce, new Wax half an ounce, Pouder of the Root of Flower-de-Luce or Frankincence two drams, mingle them and make an Unguent.

The more forcible, and such as are proper for a sordid Ulcer, and a part that is more hard, these are convenient: round Aristolochia Roots, good Henry, *Colus Jovis*, Horehound, Raw Honey, Mirrh, Root of Dog Fennel.

In outward Remedies, Chimney Soot, Blacking of Pitch, Lime very wel washed, dry Pitch, Liquid Pitch mingled with Honey, the shels of Periwinkles, and the shels of al Sea Fish Burnt, and the Ashes of all Sarcotick Herbs.

These may be made of divers forms, as in Liniments, Unguents, Pouders, Juyces and Decoctions.

Also the Leaves of good Henry, and *Colus Jovis* lightly bruised, and laid on with the Back side, cure al Ulcers that are hard to be cured

To these belong the Balsam of Brimstone

ſtone diſcribed, which wonderfully fils up hollow Ulcers; *Rulandus* makes an Ungnent of it, that is very much commended for all rebellious Ulcers, As.

Take *the Balſam of Brimſtone three ounces, new Wax half an ounce, Colophonia three drams, Mirrh, the wait of them all.* Let the Mirrh finely poudered be ſtrewed in by degrees to al the reſt when they are melted and wel mingled: and let them be Boyled at a ſoft fire, alwaies ſtirring them with a Spatula, until they are ſingular well mixt, which commonly fals out in a quarter of an hour: then take it from the fire, and let them cool eaſily.

Yet the Plaiſter of *Theophraſtus* gives place neither to this Remedy nor to any other, and it is eaſie to be provided, whereby Old, rotten, ſtinking Ulcers, that are very hollow and foul are wonderfully cured, and it may be laid to all hollow Ulcers, if for Ulcers that are troubled with a ſharp Defluxion, and very tender, it be tempered with the Unguent of Elder diſcribed before for St. Anthonies fire, adding a greater or leſſer

leſſer quantity, as the ſence of the part is more quick, and the neceſſity of regenerating Fleſh be more or leſs.

The Plaiſter is this.

Take *ten Yolks of Eggs, clear Turpentine half a pound.* Mingle them with a woodden Spatula to an oinment, in the ſame Veſſel they muſt be Boyled, and this wil be done in half a quarter of an hour, then add Honey to the weight of them al, ſtirr them ſtrongly and quickly that they clotter not: then Boyl them at an eaſie Coal fire, moving them conſtantly, then increaſing the fire, til they become of a browniſh dark colour, more like to Black, then Yellow or Reddiſh.

An Ulcer and a wound, that is filled up to make an equal ſuperficies with the ſound part, is healed with Epuloticks, or ſuch as cauſe it to Cicatrize, whereof ſome are milder, and more convenient for ſoft parts, ſome are for parts and conſtitutions that are harder.

The more violent, ſhould they be made

made uſe of in a ſoft part they will make a Cicatrize but ſo hard and Callous that it may hinder the motion of the Joynt.

The meaner that are moſt Obvious are theſe: Potters Earth, or white Chalk, Horſe-Tail, the flowers of both Pomegranats, Ceruſs, Cotton burnt, the Aſhes of Lint, Penny wort, Scuttle Bone, burnt Spunge flew of a Hare burnt, Root of Tormentil, al Medicinal Earth, Litharge, and al cold things that are moderately aſtringent; alſo the cold Air of it ſelf wil make a Cicatrize; dry forms work more ſtrongly than the moiſt do, therefore Pouders applyed with Lint are good.

But to avoid the inequality of a Cicatrize and hardners in a conſpicuous part, it ſufficeth to uſe Liniments or Unguents.

The moſt excellent is the Unguent of Elder already propounded againſt Herpes or the Wolf.

Other Remedies may ſuddenly be provided of Ceruſs, or Litharge, with a fourth part of Oyl of Roſes, or the

the like, and a little Wax: Mingle therewith the Pouders that are more drying if need require.

The more Violent are all cold Remedies that dry forceably, propounded elsewhere, to which you may add mineral Waters, of Allum and Gip, such as is that of Padua, of the mountain of the Sick, the Calx of Antimony very well washed, common Lime wel washed, the Calx of Vitriol, Gip, the filings of Iron often sprinkled with Rose Water or Plantain or the like, and dried that it may be poudered: the Scales and dross of Iron washed, Lead burnt alone and washed, the shels of any Creatures burnt & washed, all which (except Iron and other astrinents propounded) are applyed outwardly either in the form of a Pouder, or mingled with other more mild Unguents. Hot Baths serve for bathings and to sit in.

And these are most of them Medicaments that are easie to provide, with which in any part of the world, and without the help of Apothecaries, any kind of Disease may be cured.

The

The way, where there is need, to mingle these things readily without great provision of Instruments, is not dark to be understood, and collected out of what hath been said, and is scattered here and there through the whole Book.

FINIS.

HEALTH
FOR THE
RICH and POOR,
BY
DYET,
Without
PHYSICK.

By *Nich. Culpeper*, Student in Physick and Astrology.

LONDON:
Printed by *Peter Cole*, in *Leaden-Hall* and are to be sold at his Shop, at the sign of the Printing-Press in Corn-hil, neer the Royal Exchange. 1656.

To the Reader.

EXcellent and true was that ſpeech of Galen; plures Gula periere quam Gladio, the Throat deſtroies more than the Sword doth, exceſs in either meat or drink cauſeth Crudities; Crudities Sickneſs, and Sickneſs Death, and this is the abſolute and indeed undeniable reaſon, (unleſs to ſuch as wil carp at every thing) why ſo many are taken away in the prime of their youth, viz. Becauſe they keep not a temperate Diet.

But this argument of the miſchiefes intemperancy doth, though it be great, yet is it not the greateſt, for then Death were the greateſt of evils, but intemperancy not only cauſeth both a ſhort and Sickly life here, but alſo by Crudities choakes the intellectual & Angellical part of man, whereby his Brains are made ſo muddy, that he is pro tempore made incapable of the underſtanding of what great things God, in his two Books, the Book of the Scripture, and the Book of the Creatures, hath left for him to know, and ſtudy after, al which may be remedied by a temperate Diet, or at the loweſt a temperate Diet wil bring him into a way of remedying of, or a capability of ſtudying a remedy for himſelf; for ſobriety brings ſingular beneſits both to the Bodies and minds

of men. If it give a quiet Serene Body in respect of health, it must needs by consequence conduce to the attainment of Wisdom by contemplation, If it strengthen one part of man. It must needs strengthen al by the same rule, then look how much difference there is in purity, between Water which is cleer, and Water which is muddy, so much and more too is there in a man, who keeps a temperate Diet, and one who obstructs his Brains by Crudities, life and health, strengh of Body and mind, vertue the best of al wealth is that I here treat of, and not Toyes and Trifles, nor Preist-like, to tire out my thoughts and your Brains with a tale of a Cock and a Bul.

The reason of my pitching upon this Subject and laying by other weighty study which groan for a deliverance, is my own want of health at present writing hereof, If my want come through intemperancy which I am half afraid of, and it also make me unfit for study, Oh what a student would temperance make me, I confess I am only ambitious that way, and if I have done so much being intemperate. Oh! what may I do. If I now turn temperate.

Temperance is then a vertue and of this vertue I write, and that I may write in order, you shal find my discourse Marshalled into Chapters and treated of in this order.

1. *What is meant by a sober Life.*
2. *Rules to find out the fit measure of meat and drink.*

3. *Objections*

3. *Objections Answered.*
4. *A temperate Diet frees from Diseases.*
5. *Arms the Body against accidents.*
6. *Resists Epidemical Diseases.*
7. *It makes mens Bodies fit for any Employment.*
8. *It makes Men live long.*
9. *It makes Men die without pain.*
10. *It maintains the sences in Vigor.*
11. *It mitigates passions and affections.*
12. *It preserves the memory.*
13. *It quickens the understanding.*
14. *It allayeth the heat of Lust.*

These be the benefits to be discoursed of and the Lord assisting practised by.

Nich. Culpeper.

COme hither friend and learn to hate
Luxury; ere't be too late,
If temperate, you nere need take
Physick, but what Cooks do make,
With long life you shal be blest,
And in knowledge much encreast
Such a sober soul can tel
How to weare her Garment wel,
Be but temperate a while
Thou shal see December Smile,
Deckt with Flowers with Roses Cround,
And throughout the world renownd,
Then shal old Age unto thee
A pleasure, and no burden be,
Hark how the Devil is disturb'd
To see thy Lusts and passions curb'd,
Hark how the glorious Angels Sing,
Infolding thee in Silver Wings,
How they rejoyce and Sing, to see
Thee tending temperate to be,
Yea God himself from Heaven above
Wil Shower down blessings, grace and love
Upon thy Head and thou shal be
Upon the Earth the only He,
And at last when this life ends
Thy Corps and Spirit part like friends.
This same Book makes an Essay
To lead thee in this lovely way

Ita Dixit

Nich. Culpeper.

HEALTH
FOR THE RICH and POOR, BY DYET, *without* PHYSICK.

Chap. 1.
What is meant by a ſober Life.

1.

BY a ſober Life, I intend ſuch an exact quantity of meat and drink, as the Conſtitution of the Body allows of, in reference to the Services of the mind.

2.

I add [in reference to the Services of the Mind] becauſe ſuch as lead a ſtudious Life, ought not to eat ſo much, as ſuch as lead a laborious Life, their digeſtion being not ſo good, therefore their Meat ought to be leſs in quantity, and light of digeſtion.

3.

This exact proportion being found out both

according to quantity and quality, is to be kept in a constant measure.

4.

Although the Matter of this sober Life, or Diet, be mainly conversant about Meat and Drink; yet it forbids excess in all the other things, called, not Natural.

5.

This Measure in respect of Quantity, is not the same to all sorts of People, but very different, and that two waies.

1. In divers People.
2. In divers Ages.

6.

In divers People it is different, according to the Diversities of Complexions.

7.

It must be varied in one, and the same man two waies,

1. According to Age.
2. According to strength.

8.

For Youth and Age require a different quantity; and so do such as are sick, and such as are in health.

9.

One Quantity is not convenient for Bodies of contrary Complexions; for that which is too much for a Flegmatick man, is not sufficient for one that is Cholerick; and the Reason is, Because the temper of the Stomach is different in all these cases. Now then to come a little closer home to the Point.

10. The

10.

The measure of Food, ought to be (as much as possible may be) exactly proportionable to the quality and condition of the Stomach, because it is the Office of the Stomach to digest it.

11.

And that quantity is exactly proportionable to the Stomach, which the Stomach is able perfectly to concoct and digest, and withal sufficeth the due nourishment of the Body differently, according to the employment either of Body or Mind.

12.

Hence then it appears, That a greater quantity of some Meats, is to be taken, than of other some, and that with regard to the person eating them also: for some meats are more appropriated to one Stomach, than to another; and some Meats are lighter of digestion than others are.

13.

In such as exercise bodily Labors, the Faculties of the Body, are chiefly exercised, and a greater measure is requisite for them, than for such as only live studious lives, and exercise the Faculties of the Mind only.

14.

The Reason is cleer as the Sun; for the exercises, and employments of the Mind, hinder concoction, because they cal up the whol power of the Spirits to succor the Brain and Understanding.

15.

If Reason will not serve the turn, let us see

what Experience wil do. A man that is intent upon his ſtudy, regards neither what he ſees nor hears, no, nor what his deareſt Friends ſay to him; but anſwers either not at all, or not to the purpoſe.

16.

Therefore a little Food ſerves the turn of ſuch as ſtudy, far leſs than for ſuch a one as applies himſelf to bodily exerciſes, though equality of Age and Temper, might otherwiſe happily require equality of Diet.

17.

The Difficulty then lies, in finding out this exact Meaſure; and the ground of this Difficulty lies in Pleaſure, which knows not the bounds of Neceſſity; for Luſt knows not where Neceſſity ends.

18.

I ſhal conclude this Chapter with this Aphoriſm: He that deſires a long Life, a healthful Body, a vigorous Mind, and to be acquainted with the wonderful Works of God in the Creation of the World; Let him labor in the firſt place, to bring his Appetite into ſubjection to Reaſon.

Chap.

Chap. 2.
Rules to find out the fit measure of Meat and Drink.

RULE, I.

1.

IF thou takeſt ſo much Food at Meals as makes thee unfit for Study, and other Duties of the Mind, it is evident thou exceedeſt the due meaſure thou oughteſt in Reaſon to keep.

2.

For both Nature and Reaſon teach, That the Vegetable part of man, which is that part upon which growth and conſervation conſiſts, ſhould be ſo ordered, that it ſhould give no offence, nor bring any damage to the Animal, and Reaſonable part; for the one is ordained for the Service, not the deſtruction of the other.

3.

Now this is cleer, That all the offence that proceeds to the Brain (by way of Food I mean) ariſeth from the abundance of Vapors that are ſent up to the head; which either would not be at al, or elſe be pure, and not crude, if excels in Diet were avoided.

4.

Neither are thoſe Vapors only, and immediately ſent up from the Stomach, which if that were all, it were bad enough; but alſo from the

Liver and Spleen, which being overcloyed, in Concoction ſend up abundance of fuliginous, ſooty Vapors to the head.

5.

On the contrary (for Phyloſophers know that Contraries beſt diſcover one another) A ſober Diet doth by little and little, diminiſh theſe Vapors, and in ſhort time, reduceth them to their due proportion, both in quantity, and in quality.

6.

For when Nature is not burdened, ſhe governs the Body perfectly, and ſo wiſely orders and diſpenſeth al things, that neither Diſeaſes ariſe in the Body, nor impediments in the Mind.

RULE, II.

1.

If thou find a dulneſs, heavineſs, and wearineſs after meat, it is a ſign thou haſt exceeded the due meaſure.

2.

For Meat and Drink ought to refreſh the Body, and make it more cheerful, and not to dull and oppreſs it.

3.

If then thou findeſt theſe il Symptomes, conſider diligently whether it come through ſuperabundance of Meat or Drink, or both, and ſubſtract accordingly: and do this by degrees alſo, till by little and little thou findeſt no longer any ſuch inconveniences

4. For

4.

For theſe Symptomes proceed not from defect of Nourithment, as many Fools think; but from abundance of ill Humors.

5.

Videtur quod ſic. Ill Humors ſtop the Muſcles and Nerves, by which the Spirits have their paſſage; ſo that the Animal Spirits cannot govern and order the body as they would, and ought to do: Hence comes the Body to be dull and lumpiſh, becauſe the Spirits are intercepted in their paſſage by the exceſs of ill humors.

RULE III.

1.

We muſt not paſs immediately from a diſordered kind of life, to a ſtrict and preciſe life; but ſubſtract from the exceſs by little and little.

2.

Videtur quod ſic. All ſudden changes bring prejudice to Nature, though they be from bad to good; becauſe Cuſtom hath got ſtrong poſſeſſion over Nature, and muſt be outed by degrees.

3.

For as ill cuſtom came on ſtep by ſtep, ſo muſt it be left off ſtep by ſtep, that being not perceived in the progreſs, it may not be difficult in the performance.

RULE IV.

1.

Touching the Quality of the Food, there is no great care to be had, so that the Body be of a healthful Constitution, and find the Meat he eats do him no harm.

2.

For almost all sorts of Meats agree with healthful Constitutions, if the right Quantity be kept.

3.

All sorts of Foods must be avoided, whereby the Eater doth afterwards find prejudice, though they please his Taste never so much.

4.

It is best for Students to use a good quantity of Bread with their Meat, for the damage it brings may thereby in a great part be avoided; and indeed to have a great care of all Meats which they find to offend; for such cause Crudities, and by Crudities, cloudiness and dizziness of the Brain, Catarrhs, and distillations on the Lungs, Wind, Gripings, Gnawings, and Frettings of the Guts; and what a mad thing is it to buy these vile and fading pleasures of Gluttony, at the rate of so many, so great Inconveniences; and to please a liquorish appetite, enter into such a thraldom with Gluttony, as spoils both Spirit, Soul, and Body.

5.

Only take this Caution: When I say, Students ought carefully to avoid all Meats that offend

end, I do not intend, but that they may now and then eat a little of any Meats they deſire; for oftentimes that which offends Nature, being taken in large quantities, benefits Nature, being taken in leſs proportions.

6.

Alſo take notice, That after this Diet is exactly obtained, Appetite wil be ſo ſubſervient to reaſon that it wil require nothing but what Nature hath need of, it will deſire as Nature deſires.

7.

For ancient People, *Panada* made with Bread and fleſh Broth, is moſt ſingular Food, and very light of Digeſtion; and now and then an Egg would not do amiſs, and that for theſe Reaſons,

1. They do not eaſily putrifie in the Stomach.
2. They breed very good blood.

RULE V.

1.

Beware of variety of Meats, and ſuch as are curiouſly and daintily dreſſed.

2.

Becauſe they prolong the Appetite beyond the ſatisfaction of hunger and thirſt, ſo that three or four times as much as would ſuffice Nature, is thruſt in by liquoriſhneſs.

3.

Different Meats have different Natures, and ſeveral tempers, ſometimes contrary; ſome are ſooner

ſooner digeſted, ſome later; whence enſue wonderful Crudities to the Stomach, nay, the whol Digeſtion is depraved.

RULE VI.

1.

Keep as much as may be from the view of dainty Feaſts and Banquets.

2.

The difficulty of keeping a juſt meaſure in Diet, proceeds from Appetite, and Appetite proceeds from Apprehenſion of the Fancy, which conceives Meats to be delightful and pleaſant; which Fancy is ſtirred up by their ſight and ſmel: the preſence of every Object doth move the Fancy to what pertaineth to it ſelf; ſo vain a thing is man.

3.

It is far more difficult to reſtrain the Appetite from good cheer when it is preſent, than from the deſire of it when it is away. The like may be ſeen in the Objects of all the other Senſes.

RULE VII.

1.

Imagine the things whereunto Gluttony allures us, not to be as outwardly they appear, *viz.* Good, pleaſant, ſavory, and delightful; but filthy, ſordid, evil favored, and deteſtable, as indeed a little time after they wil appear.

2.

All things when they are reſolved nto their Principles, ſhew themſelves in their colors, what indeed

deed they are, which before lay disguised under a gallant vail.

3.

The more any thing is delectable to Gluttony, the more abominable it proves, when 'tis concocted, and yields the more noisom smel, and this is the reason why such as fare hard, and work hard, have sweeter and pleasanter bodies than such as live idly, and fare deliciously, the perfume of their Garments excepted.

Chap. 3.
Certain Objections Answered.

Object. 1.

WHether this Measure and stint being once found out, ought to be altered, or not?

Answ. 1.

Winter requires something a larger quantity of Meat than Summer.

2.

Hot and dry Meats agree best with Winter, cold and moist with Summer.

3.

All this requires no such great scrupulosity; for 'tis an easie matter in Summer, to substract a little from your Meat, and add to your Drink; and in Winter to substract from your Drink, and add to your Meat.

4. Besides

4.

Beſides: If ſuch extraordinary curioſity were required, a man muſt alter his Diet, according as the Air alters in drineſs and moiſture, which ſuch as pleaſe may.

Object. 2.

Whether the dayly Meaſure ought to be taken at one, or more times?

Anſw. 1.

The Antients, who lived in hot Countries, took it all together, and that about three of the clock in the after noon.

2.

Weak Perſons, and aged People, had better take it at twice, becauſe ſmal quantities ſuit beſt with weak digeſtions.

3.

Cuſtom and Complexion muſt be heeded in this particular.

Object. 3.

This Stint, or ſet Meaſure, hath been condemned by many excellent Phyſitians.

Anſw. 1.

Perhaps becauſe it made the leſs work for them.

2.

It may be they quarrel only at the ſtrictneſs of the Diet; which if that be all, we confeſs a man may caſually ſomtimes exceed: when he hath

hath so, it's but fasting the next Meal, and all wil be wel again, provided it be not constant: what a piece of matter is it, when one hath eaten too much at Dinner, to forbear eating any Supper? or if too much at Supper, to avoid Dinner next day?

3.

We intend not such a smal quantity as is insufficient to maintain Nature; but such as is most convenient and agreeable to the Stomach, and best conducing to health; and if this displease the Physitians, I shal not seek to please them.

Chap. 4.

A Temperate Diet frees from Diseases.

1.

It prevents Crudities, which is the Mother of Diseases.

2.

It so tempers the Humors (if there be such things in the Body of a healthful Man) and maintains them in equal proportion, that they offend not in quantity, nor quality.

3.

Where there is an agreeable proportionableness amongst those things which are commonly called

called Humors, there is no matter for a ſickneſs to work upon; for the ground of Health lies in this, That the Humors be rightly and proportionably tempered in the Body.

4.

Experience teacheth, That ſuch as keep a ſober Diet, are very ſeldom, or never moleſted with Diſeaſes; and if at any time they are ſurprized with a ſickneſs, they bear it better, and recover it ſooner than ſuch whoſe Bodies are as ful of il Humors, as an Eg is ful of Meat.

5.

The Reaſon is, Becauſe all Diſeaſes have their original from Repletion, *viz.* Taking more Meat and Drink than Nature requires, or the Stomach can wel concoct.

6.

Excellently then ſaid the wiſe man, *Eccleſ.* 37. *Many have periſhed by Surfets, but he that is temperate, ſhall prolong his life*; and a little before, *Be not greedy upon every dainty, and pour not thy ſelf upon every meat, for in many meats there will be ſickneſs.* Now a ſober Diet prevents Crudities, and by conſequence takes away the root of Diſeaſes.

7.

That which we cal Crudities, is the imperfect concoction of Food.

8.

When the Stomach, either through the over great quantity of Meats, or of their malignant qualify, or of the variety of them taken at one time, or not a due ſpace taken between Meals, that

that the firſt may be concocted, ere you take in more: the Chyle made of ſuch Meats muſt needs be crude, which cauſeth many Inconveniences, as,

1. It fils the Brain with Chollerick and Flegmatick Excrements.
2. It breeds Obſtructions.
3. It corrupts the temper of the whol Body.
4. It fils the Veins with putrified Humors.

9.

If the Stomach make a corruption inſtead of a concoction, the Liver cannot turn that bad Chyle into good blood; for the ſecond concoction cannot amend the faults committed in the firſt; nor the third, thoſe in the ſecond.

10.

Then from corrupted blood, muſt needs proceed corrupted Fleſh; but by little and little, it putrefies, and breeds, firſt, Diſeaſes; ſecondly, Death.

11.

Now then, a ſober Diet cauſeth a good Chyle, ſuch a one as is agreeable to Nature; from good Chyle, good Blood is bred; and from good Blood, proceedeth good Nouriſhment, and a good temper throughout the whol Body.

12.

Neither is this al the benefit of a ſober Diet, (which if it were, it were worth the embracing) but alſo it conſumeth the ſuperfluous Humors that are already in the Body; and that more ſafely, more effectually, than bodily exerciſe doth, or can do.

13. For

13.

For Exercise confusedly stirs the Body, and that many times with much perturbation of the Humors, with much heat and hazard of sickness, with much pain and grief; but abstinence doth with ease and equality make a general evacuation.

14.

For it extenuates what is over thickened, opens what is closed, consumes what is superfluous, opens the passages of the Spirits, and makes the Spirits cleer, and that without disturbance of the Humors, without fluxes and pain, without heating the Body, and hazard of Diseases, without expense of time, or neglect of other Employments.

15.

We deny not but Exercise may, nay, ought to be used in due time, and in due measure, a quarter of an hour before Meals, or so, to swing a weight, or swing your Arms about with a small weight in each hand, to leap, or the like; for this stirs the Muscles of the Breast.

Chap.

Chap. 5.

A temperate Diet arms the Body againſt external Accidents.

1.

Thoſe that have their Bodies free, and untainted, and the Humors well concocted, are not ſo eaſily hurt by heat, cold, or labor, and other the like inconveniences; as thoſe whoſe Bodies are ful of ill Humors.

2.

If at any time they are thereby prejudiced, they are much ſooner and as much eaſier cured.

3.

Alſo in wounds, diſlocations and bruiſes, they are ſoon cured, becauſe there are no ill Humors to flow to the place afflicted.

4.

For in al ſuch caſes, tis the Flux of Humors that cauſeth pain, corruption and inflamation &c. which are the things that hinder cure.

Chap. 6.

A Temperate Diet resists Epidemical Diseases.

1.

All Epidemical Diseases, as such as are real Physitians know; proceed from the Ayr corrupted by planetary influence,

2.

The evil of the influence of the Planets, lies not in the Planets, but in our own Bodies, if there be no tinder there, you may knock the Flint and Steell together, til your Heart akes, before you can get the fire to take.

3.

If then your Bodies be kept cleer from corruption, by a temperate Diet, there is nothing for the Disease to work upon.

Chap. 7.

A sober Diet makes mens Bodies fit for any Employment.

1.

It makes the Body lightsome, fresh and Expe-

dite

dite to all the motions thereunto appertaining.

2.

For, heavineſs, dulneſs, and the like oppreſſions of nature, proceed from ill Humors, and ill Humors from ill Diet, whereby the Joynts and Ventricles of the Body are filled ful of ſuperfluous moiſture.

3.

Alſo that a ſober Diet Cheers, and cleers the mind, is perſpicuous; for ill Diet cauſeth ill Humors; ill Humors ſtop the paſſages of the Spirits, which a ſober Diet in a ſmal time Remedies.

4.

Hence it is cleer, that in him that keeps a ſober Diet, the concoction is perfect, good Blood bred; and of good Blood, good Spirits, free, lightſome and cleer: ſo that both agillity of Body and vigor of mind is thereby acquired.

Chap. 8.

A ſober Diet makes Men live long.

A ſober Diet, not only brings health of Body, and vigor of mind, both which are very deſireable things, worth more than pence a piece: but alſo it gives long life to them that follow it, and glorifie God by it.

2.

Infinite examples might be brought of this, I ſhall only quote one, which is *Galen*, who by keeping an orderly Diet, lived one hundred and twenty years, which in that hot Country, where he lived, was as great a wonder, as if he had lived two hundred yeers here,

3.

As for the influences of the Planets and their *Anareta*, they may go Shake their Eares; this life is ſomthing above their influence, for their influence is only upon the ſenſual part of man: but this life is rational and far above the Pitch of ſenſuality.

4.

We might cleer this a little further thus: we all know that there is a ſtarry part within our Bodies, as wel as without, which mixing evil influence with that without, cauſeth Diſeaſes; ſo that if the internal, celeſtial part were kept pure, there could be no more mixture with any external (*quo ad nos*) evil influence, than is between Oyl and water.

5.

This is the reaſon, ſuch of old that led ſober lives, were vertuous men & lived long; as *Socrates*, *Hippocrates*, *Paulus Æmilius*, *Auguſtus Cæſar*, *&c.* But ſuch as were haters of a ſober life, were ſworn enemies to vertue, as *Caligula*, *Heliogabalus*, *Geta*, *Vitellius* &c.

6.

If any queſtion a Cæleſtiall motion within us, anſwerable to the motion of the Heavens, let him

him but conſider, that man is an exact Epitome of the Creation, and he is anſwered.

7.

Thus you ſee, a ſober life mitigates evil influences of the Planets; and if ſo, then by the very ſame rules, it as much encreaſeth the good; and this is a terreſtriall Paradiſe to him that uſeth it, farr exceeding *Parkinſons* Garden of delight.

8.

Laſtly, that this long life comes by the power of nature in a natural way, and not by any ſupernatural gift of God is cleer; becauſe the Turkiſh Prieſts who Stick cloſe to temperance live very long.

9.

I have a caution or two, to give, and an Objection to anſwer, before I conclude this Chapter.

10.

Capital Offenders, Murtherers and the like although they keep never ſo exact a Diet, ſeldom live long, becauſe vengeance proſecuteth them, yet die they not by corruption of Body, but outward Violence.

11.

People extreamly addicted to luſt, are ſeldom long lived, becauſe nothing ſo exhauſteth the Spirits, and beſt Juyce of the Body, as luſt doth, nor more weakens and overthows nature; yet this as we ſhall ſhew hereafter is much mitigated by a ſober Diet.

12.

But some wil say, there are in the world which live to extream Old Age, yet keep no such Diet, but stuff themselves every day to the ful with meat and drink. To this I answer.

13.

1. This is rare: most Gluttons die before their time. And one Swallow makes not a Summer.

14.

2. If Irregular eaters and drinkers would observe a moderation, they would questionless live much longer and in better health.

15.

3. Their mind Suffers for it, though their Bodies do not, the whol force of Nature is, and must needs be Enthralled to the concoction and digestion of meats, from which, if it be drawn to the duty of contemplation, they either make but woodden work at that, or else their digestion faills them, and then Crudities of necessity follow.

16.

Their Heads by ill Diet, are ful fraught with Vapours, which cloud the mind, so that if they excercise their thoughts much, about any deep study, it causeth pain and griefe, so that although they do live long in body, they live but little in understanding. And what is this more than to make thy Soul a slave to the Flesh, a Servant to his Vassal.

17.

Consider how ill such a life Suits with Nature

Nature, much leſs with Chriſtanity, whoſe happineſs conſiſts in mortifying the ſences, and exercising the mind which is the better part of man.

18.

They that are of weakly Conſtitutions, if they live temperately are more ſecure touching health and prolonging of their lives, than thoſe of the ſtrongeſt conſtitutions are or can be, if they live intemperately.

19.

For the former have no ill moiſture in their Bodies, or at leaſt, not in ſuch quantity as to breed Diſeaſes, but the latter in ſome few years, muſt of neceſſity have their Bodies cloyed with ill Humors; which by little and little putrefying, do ſooner or later break out into great and dangerous Diſeaſes.

20.

I ſhall add but two Aphoriſms from *Galen* and ſo conclude this Chapter.

They (ſaith he) who are weakly complexioned from their Mothers Womb, may by the help of that art, which preſcribes the courſe of Diet, attain to extream Old Age, and that without diminution of ſences, or Sickneſs of Body.

21.

The laſt he quotes of himſelf.

As for my part (ſaith he) though I never had a healthful conſtitution of Body from my very Birth, yet by uſing a good Diet after the twenty eight year of my Age, I never fell into the leaſt

Sickneſs, unleſs now and then, into an one-day Feaver taken by over-much wearineſs.

Chap. 9.

A ſober Diet makes Men die without Pain.

1.

Let it not ſeem a miracle, that Spirit and Body ſhould part friends and without pain or griefe, for it may, by a ſober life be brought to paſs: which is our task in this Chapter to prove.

2.

For in ſuch, the bond that unites them is unlooſed, not by any Violence uſed to Nature, but by a Simple reſolution, and Conſumption of Radical moiſture.

3.

For as a burning Lamp may three waies be extinguiſhed.

1. By outward Violence, when it is Blown out, or the like.
2. By pouring in ſo much Water, whereby the Oyl is drowned.
3. When the Oyl it ſelf is ſpent and conſumed.

Even ſo Mans life, which in this particular, much reſembles a Lamp, is three waies extinguiſhed.

1. By

1. By external Violence, as the Sword, Bullet Gallowes or the like.
2. By aboundance of ill Humors, whereby Radial moisture is first oppressed, Secondly over-thrown.
3. When the Radical Humors by long space of time is quite consumed.

4.

In the first and second kinds of these deaths, there is much disturbance of Nature, and so by consequence much griefe and pain must needs ensue; in regard, Radical moisture which is the bond of Nature, is Violently assaulted and over-thrown.

5.

In the third, must needs be very little pain or none at al, in regard the bond of life is quite wasted and dissolved by little and little: for as Radical moisture wasteth by little and little, so natural heat abateth in like manner, and the moisture being spent, the heat is extinguished as we see in Lamps.

6.

Now then to the purpose: by a temperate Diet, evil Humors are prevented, neither is Radical moisture overpressed, but Man lives til Radicall moisture and natural heat be both by tract of time insensibly consumed, and Mans wil to live, dies when his Spirit departs.

Chap.

Chap. 10.

A ſober Diet maintains the ſences in Vigour.

1.

Having ſhewed what benefits it brings to the Body, let us now riſe a little higher, and ſhew ſome advantages, it brings to the mind.

2.

It adminiſtreth ſoundneſs and Vigour to the outward ſenſes.
An example would not do amiſs.

3.

The ſight in antient Men is chiefly clouded, becauſe the Optick Nerves are clouded with ſuperfluous Humors and Vapors, whereby the Animal Spirits, which are Subſervient to the ſight, are either darkned or choaked in their progreſs.

4.

This impediment is taken away by ſobriety in Diet, and avoiding ſuch things as fill the head with fumes, ſtrong Wines, thick Beer &c.

5.

The like we may ſay of hearing, by groſe Vapors that fal down to the Timpanum, or elſe fil the Nerve that is ſubſervient to hearing, which is remedied by the ſame means, the former is

especially

ſpecially, if ſome Topical Remedies alſo be
ſed, of which I commend a little Black Wool
ipped in *Aqua vitæ* and wrung out hard, and
he ear ſtopped with it.

6.

But I ſhal make this chiefly appear in the ſence
f taſting, which is chiefly afflicted by il Hu-
nors, for if Chollerick or Salt Humors poſſeſs
he Pallat, (whether they proceed from the
Head or Stomach it matters not) al things taſt
itter or Salt, then it is ill Humors afflict the
ence, and may (as we have aboundantly al-
eady proved) be remedies by a ſober Diet.

7.

Alſo that a ſober Diet mends the taſt exceed-
dingly, is thus proved, ordinary food, yea dry
bread it ſelf hath a better taſt when real hunger
calls for it, than the daintieſt fare that can be
imagined hath, when Gluttony cals for it.

8.

For it is evil Juyces that afflict the organ of
the taſt, that breed loathſomneſs of good and
wholſome Food, which being taken away, then
appetite is, as it ſhould be, and not til then.

9.

We wil grant, Old Age may abate the Vigor
of the ſences, eſpecially of the Eyes and eares,
as Radical moiſture is by little and little
conſumed, but no otherwiſe, if the Diet be
temperate.

Chap.

Chap. 11.

A ſober Diet Mitigates the Violence of Paſſions and Affections.

1.

It it a ſhameful thing for a Man to be angry, at the wagging of a Straw, to be a ſlave to Melancholly cares and fears, to make a God of ones Belly and a trade of Concupiſcence.

2.

Neither is it only ſhameful (though one would think that were motive enough to make one leave it) but it is alſo.

1. An enemy to Vertue.
2. Contrary to health.
3. Opprobrious to good Men.

3.

A ſober Diet with much eaſe Remedies all thoſe miſcheifes, partly by correcting, and partly by ſubſtracting the Humors that cauſe them, and that evil Humors in the Body cauſe them, we ſhal eaſily prove.

5.

Such as are ful of Chollerick Humors, are alwaies angry and raſh; thoſe that are ful of Melancholy humors, are ſad, penſive, ful of griefes and tears: and if theſe Humors putrefie in the Brain; there follows frenzies and madneſs, therefore

herefore the fault lies in the Humors.

6.

The affection of the mind follows the apprehenſion of the fancy; the apprehenſion of the ancy is conformable to the diſpoſition of the Body, and the predominate Humors herein; and although *Dr. Primroſe* himſelf could ſcarſe carp at ſuch an Aphoriſm as this is, yet we wil for Illuſtration take, cleer it in the next. Therefore conſider.

7.

1. Chollerick Men dream of Fire, Burning, Fighting, Killing, &c.
2. Melancholly Men dream of Darkneſs, Fear, Funerals, evil Spirits, whatever they dream of, be ſure Fear is at one end.
3. Flegmatick Men, dream of Rains, great Waters, Drownings, Shipwrack &c.
4. Sanguine Men dream of flying, Banqueting, Songs, and love matters.

7.

Dreams are nothing but the apprehenſions of the Fancy, when the ſences are aſleep, ſo that it follows; that in waking, as wel as ſleeping, the Fancy apprehends things according to the predominate Humors, til it be corrected or otherwaies directed by reaſon.

8.

You ſee then, that the exceſs of evil Humors perverts the natural condition and apprehention of the fancy, we ſhal ſhew you in a word or two, how it doth it.

9. Choller

9.

Choller in-as-much as it is extreme Bitter and therefore contrary to Nature, cauſeth other Mens words or Deeds to ſeem to proceed from bitterneſs of Spirit againſt him; as though whatſoever was ſaid or done, was intended againſt him with deſpite and injury.

10.

Becauſe Choller is fiery and Impetuous, it makes the Aprehenſion ſwift and violent, and drives a Man to a ſpeedy revenge of the evil, which he doth but ſuppoſe was done againſt him.

11.

The Melancholly Humor is heavy, cold and dry, Lumpiſh and ſour, and alwaies (it abounding) Obnoxious to the heart: now by reaſon of its coldneſs and heavineſs, it cannot incite a Man to the repulſe of evil, as Choller doth, which is light and active, but poſſeſſeth a Man with feare and care, and deſire of revenge.

12.

It were in vain to ſpeak of the other complexions: a Man of any Brain may ſee it true in them alſo, let us ſee a little the evils they do to Men, and how they pervert the mind from vertue.

13.

Choller abounding makes Men angry, Raſh, haſty, bold, quarrelſome, peeviſh, ſwearers, curſers, brawlers: hence comes fighting, killing wounding, one another &c. For drunken fraies come from the fury of Choller inflamed

flamed and ſet on fire by the Wine.

14.

Melancholly makes Men ſad, faint-hearted Solitary, fearful, ſubject to deſpair, and Madneſs, if it poſſes the Brain, and ſends up ſuch filthy Vapours from the Hypochondria to the Brain, that it unfits a Man for any buſineſs.

15.

Flegm makes Men ſlow, ſleepy, fearful, forgetful, unfit for any matter of conſequence: for although this Humor be not ſo hurtful to the Body as Choller and Melancholly; yet is it more hurtful to the mind; for it duls the vigor of the Spirits, by its moiſture, cloying the Brain and ſtopping their paſſages.

16.

Now a ſober Diet doth in great part Remedy al theſe evils, abating them by little and little; Nature either conſuming them within or driving them out by degrees; eſpecially if ſhe be helped a little by ſome proper Medicine.

17.

Beſides al this, the whol temper of the Body is much corrected, there being a ſupply of pure and well tempered Blood without any crudities, or ſuperfluous Humors, ſo that ſuch as keep a ſober Diet are calm, affable, courteous, cheerful, and moderate in al things, for the Benign Nourifhment, which Nature works upon, cauſeth Benign affections throughout the Body.

18.

Beſides al this, evil Humors do not only ſtic

up

up passions and set them a work, but also themselves are set on fire and strengthned by the passions, and being thus kindled they add new strength to the passions and encrease them, for example.

19.

A Chollerick Man when he is angry, at a supposed injury, his anger so enflames the Humor, and the Humors so encreaseth the anger that he wil not suffer a friend to speak to him, though he loved him never so deerly.

20.

And in sighing, which by depression of the heart, emptieth it self of vital spirits, and hastens Consumption, the more a man sigheth, the more he desires to sigh.

Chap. 12.

A sober Diet preserveth the Memory.

1.

There is scarce any thing more desireable to a student than a good memory.

2.

Memory is most commonly impeached by a cold Humor possessing the Brain, stopping the narrow passages of the Spirits, benumbing the Spirits themselves, whereby they become slow

slow, weak and inconstant, and oftentimes fail a Man in the middest of his discourse; so that he knows not, what he said last, nor what he intended to say, but is fain to ask the standers by what the matter treated about was.

3.

This is caused three waies.

1. Because the animal Spirit, which the Phansie makes use of in remembering actions, is suddainly intercepted in her course, by some Flegmatick Humor, by which interception, apprehension ceaseth and consequently all remembrance.
2. In that the apprehension was feeble and without Reflexion, by reason of the poorness and unaptness of the Spirits; now apprehension without Reflexion cannot make any print for remembrance; for al remembrance is immediatly conversant about our own actions, and but mediately about discourse.
3. From the unaptness of the Spirits: for though there be a print or Foot-step of what was said or done, left, Sufficient on its own part; yet are the Spirits so Poor or impure, or hot that we cannot make use of them to find it out.

4.

Now this great and apparent evil is wonderfully both prevented before it come, and cured when it is come, by a sober and temperate Diet.

5.

Let ſuch as are ſo troubled, avoid exceſs of hot drinks and Wines which ſend up unwholſom Vapors to the Brain, or if the coldneſs of their Stomachs require them, let them drink them in ſmal quantities and preſently after meals.

6.

For although the Wine it ſelf be hot yet it breeds cold Diſeaſes, *viz.* Diſtillations on the Lungs, Coughs, Appoplexies Palſies &c. And the reaſon is, beeauſe it fils the Head with Vapors which the Brain cools and congeals into cold Flegm, which is the cauſe of theſe evils.

7.

Let ſuch, as much as may be, keep themſelves to a dry Diet, and avoid moiſt meats, for ſo moiſt Humors wil not be bred, or being bred, wil in ſhort time be conſumed, and the paſſages of the Spirits made free, and the Brain reduced to its natural temper.

Chap. 13.

A ſober Diet helps the Underſtanding.

1.

O yes! Every one that delight in Vigor of wit, in ſtudying, reaſoning, finding out, and judging

judging of things, as also to Lead such a life, as he may be fit for communication with holy Angels, let him read dilligently this Chapter.

2.

Would you be watchful, provident, circumspect, of a good forecast, of a sound Judgment, able to give good counsel, able to comprehend any study, to grow excellent in what you undertake; come hither, this is the way.

3.

By this means the holy men of Old came to be familiar with God, were adorned with the gifts of prophesie and wrought miracles, and became admirable to the world.

4.

For by a sober Diet, clensing their Bodies from impurities, and having alwaies their minds lifted up to God, admiring him in his works, God vouchsafed to come down to them, illuminating them wonderfully according to *Psal.* 34. They had an Eye unto him and were enlightened.

5.

Such it is that God makes partakers of his secrets, and instruments of his marvailous works, to the Sons of men, that to the world may know, how acceptable such a kind of life is to God.

6.

Let me not be mistaken, I do not say a sober Diet causeth these wonderful revelations of God to the sons of men, but this I say, and am able to prove it, when I have done, It re-

moveth the impediments that hinder.

7.

For a ſpiritual progreſs depends much upon the uſe of the underſtanding, we cannot love any good thing nor profit in the love of it, nor hate any evil thing nor encreaſe in the hatred of it, unleſs it be propoſed to be good or evil by the underſtanding, that ſo it may move the affections, ſo that corruption of the underſtanding is many times the reaſon why men call good evil, and evil good, at all times the reaſon of miſtaking an apparent good for a real.

8.

By al which it appeares, that thoſe things which hinder the functions of the mind or obſcure them, or make them difficult and irkſom, are, The things which in deed and truth debarrs us, not only from attaining any great perfection in al natural Arts, but alſo from ſpiritualizing thoſe we have.

9.

All theſe which we have already, often ſhewed before, proceed from natural afflictions of the Brain, and may be remedied by a ſet and ſober Diet.

10.

Neither doth a ſober Diet only take away the impediments of ſpeculation, but alſo adminiſters very many neceſſary helps to it, *viz.*

1. Good Blood.
2. Pure and well tempered Spirits.
3. An equal and well tempered Brain.

11. Then

11.

Then conſider, the beneſits this ſober Diet brings to a man, are ſo great and of ſo high a Nature, that I am not able to conceive them in my mind, much leſs to expreſs them by writing. I muſt be contented at preſent to give you only a glimps of them.

1. Even in old Age the mind is cheery, expedite and vigorous in al the employments thereof.
2. By long experience of a fore paſt Age, the vanity of the world the more appears, and by appearing, becomes the more contemptible.
3. Heavenly matters relliſh better, when earthly are deſpiſed.
4. Eternity which hangs over our Heads, is alwaies before our Eyes, and cals upon us to make preparation for it.
5. We reap the ſweet fruit of all the good we have gotten from our youth up til that time.
6. Divine meditations are pleaſant, becauſe affections and perturbations of the mind are calmed.
7. Their minds are fit to receive divine inſpirations and revelations and alwaies ſo fit.

12.

A long life is little worth and of ſmal advantage, if it be ſpent in the ſervice of the world, ſuch as live like beaſts, in this world, when they are dead, their names ſhal be written in the Earth.

CHAP.

Chap. 14.
A ſober Diet allayeth the heat of Luſt.

1.

Luſt is the Mother of ſin, the Devil the father, and mans heart the Womb, in which it is conceived.

2.

A man may eaſily perceive in himſelf a Luſt to ſin, before it break forth into act, and I once thought it the higheſt Pitch of Chriſtianity, or at leaſt the greateſt ſtrength of a Chriſtian in this world to anticipate between the Luſt to the act and the acting of the thing luſted after.

3.

But now the Eyes of my underſtanding growing purer. I ſee the luſting after ſin may be much quelled though not quite allayed, ſo long as we bear this Body of ſin about us.

4.

That this may be methodically ſhewed I ſhal inſtance in one Luſt, which is not a little deſtructive to Nature, and leave that as an example for al the reſt, It is Concupiſcence.

5.

A ſober Diet much allaies the temptations of the

he Flesh, and brings much tranquillity both to Flesh and Spirit.

Sine Cerere et libero friget Venus.

Stuff not your Guts with Flesh and Wine.
And lustful *Venus* Soon wil pine.

6.

Sobriety takes away not only the matter it self, but also the impulsive and exciting causes to venery.

7.

The matter of lust is the aboundance of Seed.
The impulsive cause, is the store of animal Spirits, whereby the Seed is expelled.
The exciting cause is the imagination of lustful matters.

8.

This imagination first stirrs up the Concupiscence and that straight-waies stirrs up the Spirits to expulsion, which presently accomplish the thing, except the will restrain it, under this combate do those chiefly lie, who are in the Flower of their Age, and strenght of Nature, though sometimes the Proverb be true, Old Rats love Cheese.

9.

Now a sober Diet doth substract both from the matter and from the impulsive cause, for it maketh an abatement by degrees both of the quantity and heat of the Seed, and diminisheth the store and fieryness of the Spirits, and when the

the Seed and Spirits are abated, and tempered: luſtful imaginations ceaſe of their own accord, or if they do riſe, they are eaſily quelled.

10.

It is in vain to Object to me what luſtful thoughts either to this or any other ſin, the Devil may caſt into the heart, for if there be no corruption in the Body anſwerable to his temptation, he had as good be quiet and keep his breath to cool his pottage.

11.

As for luſtful imaginations they ſpring from the mind by a kind of ſimpathy which it hath with the diſpoſition of the Body, by reaſon of the predominate Humors therein contained, as we have at large ſhewed before.

12.

For proof of this: if ſo cleer a thing need proof, that ſuch as have followed ſobriety, have for the moſt part been freed from ſuch imaginations, or temptations, let none go about to diſprove it without a years experience.

13.

If there be not ſtore of theſe cauſes laid up before hand in the Body, ſobriety eaſily preventeth their growth, becauſe he eats and drinks no more than Nature requires to ſuſtain the Body, and to be ſure ſhe wil look to that in the firſt place.

14.

The way then to meaſure the quantity aright is to meaſure it by reaſon, not by appetite, for appetite is deceitful, and I ſhall tel you why,

15. Appetite

15.

Appetite doth not only deſire thoſe things, hich are fit for conſervation of the Body, but ſo for procreation, and is ſo intent upon it at it deſires more than is fit for that alſo.

16

But reaſon tels you, that ſo much the more as u are incited to venery, ſo much the more ſubact from your meat and drink, for Seed is bred that ſuperfluity of nouriſhment, which is re than is ſufficient for the ſuſtentation of Body, ſo then you may if you pleaſe have t ſo much Seed in your Body as is require, d you have occaſion to expend, and neither re nor leſs, by keeping a Diet accordingly.

17.

Yet once more let me acquaint you with this th. much expence of Seed, cauſeth much exuſting of the Spirits, and therefore of neceſſity ls the mind much.

18.

Another reaſon and as good too, why appe- is alwaies deceitful, unleſs when it is ſubvient to reaſon, is this: becauſe it is many nes cauſed through ill diſpoſition of the Stoch, as when its afflicted by Choller or Mecholly.

19.

Abſtinence plucks up the cauſe of al theſe by Roots, and by degrees reduceth the natural mper to a mediocrity; a happy Remedie for al has are vexed with luſt or luſtful thoughts.

F I N I S.